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THE ATHLETIC JOURNAL announces that it will pay a cash prize for the best football plays of the year. Since only a limited number of these can be used the editor reserves the right to accept the plays that seem to him most interesting and for each play accepted agrees to pay the sender five dollars. This contest is open to every one, the only restrictions being that the plays must be mailed to the ATHLETIC JOURNAL office not later than October 11th. This means that any play that has been used in a September game or any game up to October 11th may be submitted. The diagrams may be drawn with pencil or in ink, but it is suggested that each diagram should indicate the part played by each man in the play. If the play started from a shift formation, that should be made plain. If the coach sending in the play prefers that his name not be used in connection with the diagram submitted, his wishes will be respected and he will receive the check just the same as though his name was used.

It is permissible to send in your own play, a play used by an opponent or any play that you know has been used this year by any team representing a school, college or university.

JOURNAL subscribers have frequently complimented this magazine on the action pictures which have always been featured in the JOURNAL and have asked that more pictures be printed. We will be glad to publish all distinctive action pictures and will pay at the rate of three dollars per picture for any which we can use. Send in your action pictures and if we cannot use them we will return them promptly. We will mail you check for three dollars for each picture accepted.

Change of Address

DUE to the fact that there are so many changes made by the coaches each year the JOURNAL office finds it no easy task to keep the mailing list corrected up to date. Frequently coaches change to a new address in the same town or move to another city and neglect to notify the ATHLETIC JOURNAL. As a result the postoffice where the JOURNAL is sent advises us that the JOURNAL is being held since second class mail cannot be forwarded. When these cases arise the postoffice is requested to return the JOURNALS to us. The circulation department has put forth such effort toward keeping the lists straight that some of the subscribers may think that they have been needlessly bothered, however, our only motive in the matter is that of seeing that each coach gets his JOURNAL promptly. In the spring notice was sent to all of the subscribers requesting information regarding changes of address and in the late summer another card was sent to all asking for the summer address so that the special summer number might be sent to all subscribers and also asking for the address for the coming year. Some of our subscribers have as yet, however, not notified us regarding their change of address. They should do this—otherwise they will not receive the copies of the JOURNAL on time.

The ATHLETIC JOURNAL

VOL. VI

OCTOBER, 1925

No. 3

CONTENTS

Charting Football Strategy.....	3
<i>By Clarence A. Bush</i>	
The Huddle System.....	5
<i>By Knute Rockne</i>	
Stadium Design	7
<i>By Gavin Hadden</i>	
Plays That Have Worked.....	12
<i>By John L. Griffith</i>	
Problems of High School Football Coaching.....	14
<i>By A. G. Scanlan</i>	
A Pictorial Study of Fundamentals.....	15
<i>By John L. Griffith</i>	
Editorials	20
Too Much Athletics.....	22
<i>By Dr. W. R. Fiesler</i> <i>By Dr. Paul Phillips</i>	
The Fundamentals of Football Position Play.....	26
<i>By John L. Griffith</i>	
Officiating Suggestions	32
<i>Onald Tower, Frank Birch, A. Haines</i>	
Western Conference Officiating Procedure and Interpretations	36
News From the State High School Athletic Associations....	38
Questions and Answers.....	42
<i>Frank Lane</i>	
Pre-game Suggestions	44

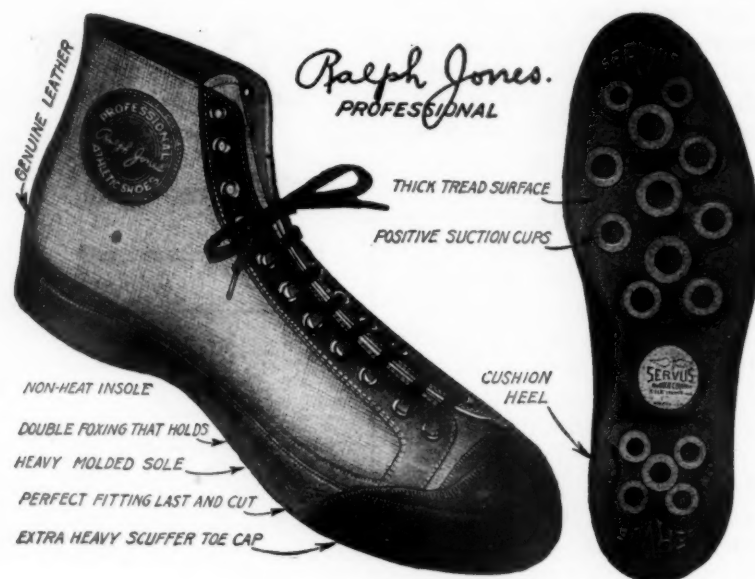
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Published monthly except July by the ATHLETIC JOURNAL PUBLISHING COMPANY, 6922 Glenwood Ave., Chicago, Ill.

Subscription, \$1.50 per year; Canada, \$1.75; foreign, \$2.00

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Entered as second-class matter August 14, 1925, at the Post-office at Chicago, Illinois, under the Act of March 3, 1879



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Charting Football Strategy

Successful Coaches Devise Their Own Systems of Strategy

By Clarence A. Bush

Strategy is a big thing in football. It is no substitute for hard tackling, hard blocking, and hard running, which in the last analysis are the main factors of successful gridiron play. Strategy can, however, build an intelligent plan which will make the most effective use of those factors. Strategy, in its broader phases, can be so charted as to guide the play definitely in every part of the field.

It is a thing, this strategy, that cannot be left to chance. It is not something that comes to the field general as a brilliant inspiration in a hard pressed moment on the field of battle. It is the basis of system, the orderly arrangement of accumulated experience and observation of the law of averages. It should be something mapped out beforehand, to guide the quarterback about the field like a mariner's chart on the high seas. It should be so thoroughly mastered by the field general that obedience to it is a matter of reflex action.

Strictly speaking, thinking is such a slow process that very little of it is done on the football battlefield where emotions run riot. The best players

"One of the best strategy charts," says Mr. Bush, "is the one which was shown to the coaching school at the University of Illinois this summer." It is reproduced on this page.

are the emotional type, not the thinkers. They react as if by instinct. What appears to be the result of thought on the spot is nothing of the sort. The player does what he has been drilled to do in a given situation and when that situation arises, the only thinking he does is to recognize accurately the problem and the proper solution comes to him automatically. That is not thinking, as the term is accurately defined; it is only two steps in the process of thinking—perception and association. He sees the problem, and the solution is immediately associated with it.

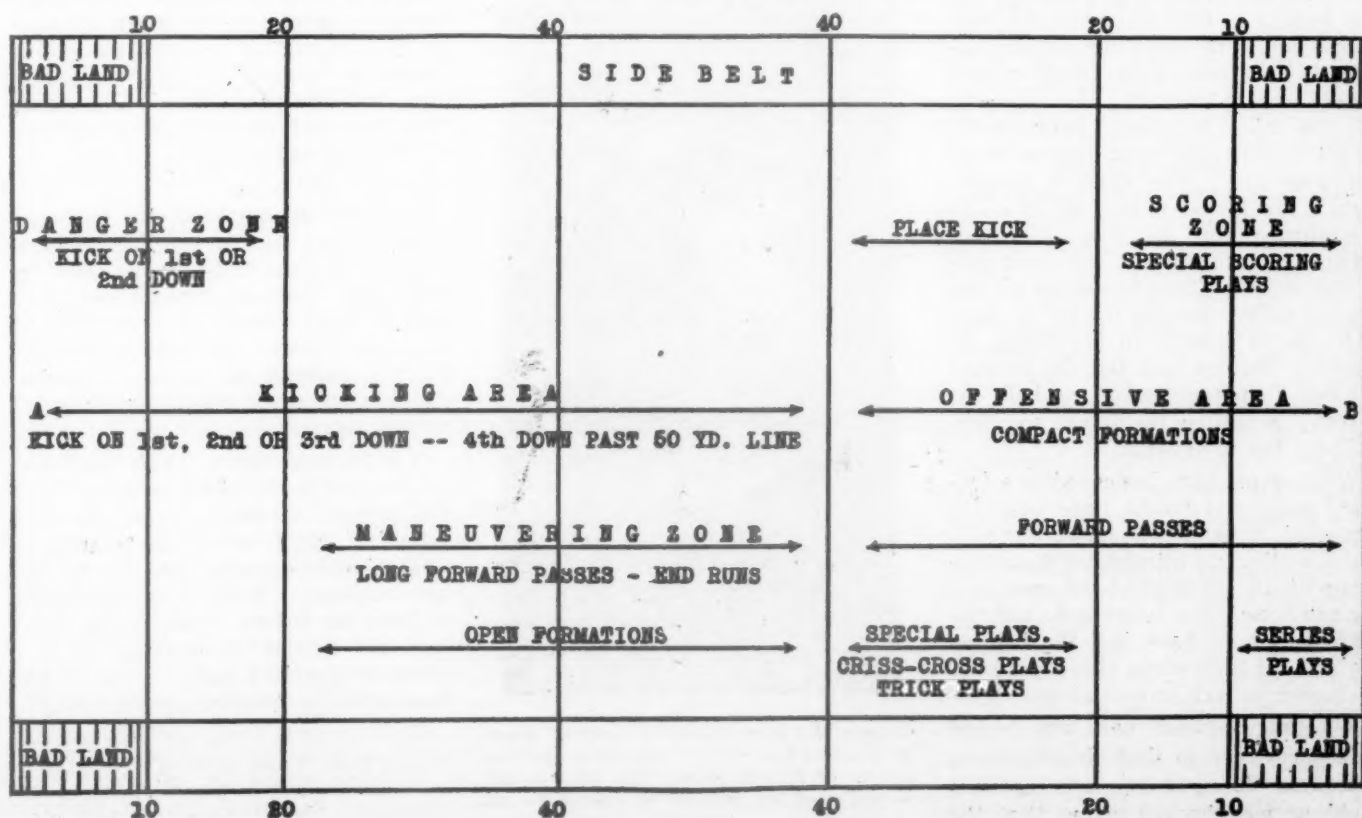
Successful coaches devise their own systems of strategy. This they give to their players in the form of a definite chart. It is laid out in detail and tells exactly what should be done in

each part of the field, under what conditions and in what emergencies. It is the foundation of the quarterback's generalship.

In view of the difficulty of thinking in the heat of battle, the strategy chart should not be too complicated. It should be definite and explicit, and should be as free as possible from exceptions. In these days when shorter and shorter hours are being given for practice, with so many other things to learn, the strategy chart must be kept simple so as to be easily mastered.

One of the best strategy charts, all things considered, is the one shown by Coach R. C. Zuppke at the coaching school at the University of Illinois this summer. It displays every essential feature, and yet will not give the player too much to master. It is not so complicated that he will throw it to the winds when crowded in a big crisis and revert to "sand lot" stuff.

Every player on the team should memorize the chart. It is the special duty of the quarterback, however, to engrave an image of it on his mind. He must see every action in terms of



this chart. He should take time to orient his position properly with relation to the chart in every situation.

When on defense, in the safety position, the quarterback should keep asking himself what he would do, according to the chart, if his team gets possession of the ball on the very next play. He should be rehearsing his signals so he will have them on the tip of his tongue should that situation arise.

An illustration of how the strategy chart works may be shown by an actual game situation. Say that, by a series of powerful smashes, the Orange clad players rush the ball down to the ten yard line.* A touchdown appears certain. At that point, however, their Maroon opponents rally and the Orange strikes a stone wall. In three downs they gain only seven yards. They need three more for first down.

Noting the failure of the plunging game, the crowds begin to call for a forward pass. The players of the attacking team appear to be questioning the judgment of the quarterback as he calls the signals for another plunge. The Maroons converge to stop it. The Orange are thrown for a loss. The ball is surrendered to the Maroons. The fans are disappointed. In disgust the crowd subsides into the stands, groaning mournfully. There are many demands for a new quarterback.

Yet the quarterback had called exactly the type of play shown by the chart. It says when in the scoring zone, play out the series of plays. The object here is to hold the battle as near as possible to the goal line. What happens in this case as a result of the plunge and surrender. The Maroons get the ball, and are immediately forced to kick out from behind their own goal line. The wind is against them. The kicker is hurried by eight men thrown into the line. The ball soars high into the air, the wind hits it and it drops into the arms of the Orange safety man on the thirty yard line. He is downed in his tracks by a speedy Maroon end, but the Orange is again in possession of the ball. It is ready to resume the attack and only one play has intervened.

What would have happened to a forward pass? It might have been intercepted, with all the dangerous possibilities that an intercepted pass carries with it. It might have gone into the end zone for a touchback, and the Maroons would have had the ball on the 20-yard line, where they would not be forced to kick immediately.

The only forward pass that would be conservative in that situation is a short one. Then if it is intercepted it could be well backed up so that the

receiver could not get away. In nearly every case, however, the chances are in favor of the non-passing attack starting all over again, with the possibilities of breaking through, by forcing the other side to kick from its goal. A bad kick here might break the team's morale and a touchdown would be much easier to make than in the first rush.

The chart, which is supposed to be followed faithfully on a normal day, shows the field divided into 20-yard sections which are called zones. The zone at each end of the field is divided at the ten yard mark. Lines are drawn parallel to the side lines, five yards in, to designate side belts. The quarterback must keep his team out of these side belts and upon the crest of the field. Especially must he avoid the little dark corners bounded by the ten-yard lines, the goal lines and the side-lines. These are bad lands to be steered clear of because they contain too many disastrous possibilities. Everything favors the defense in these blocks.

When the attack is facing the wind, however, the quarterback modifies the chart to the extent that he holds the

ball as long as possible by delays and conservative tactics to prevent kicking or breaks of the game until the quarter or half-time period changes the goals and puts the wind at the back of the attack.

With a cross wind, also, the chart is departed from to the extent that the quarterback endeavors to work his team well into the wind before kicking. For instance, if the cross-wind is blowing from the left of the field, the quarterback instead of kicking on the crest of the field, maneuvers his team to the left as far as possible and then kicks with the wind. This gives his kicker a better chance to place the ball inside the field and get good distance, as the ball will have the width of the field in which to drift with the cross-wind.

In the detailed study of the chart, the team is started from its goal line on the left hand side of the chart. The first twenty yards constitute the danger zone. Here the quarterback must call for a kick on the first or second down. From here, all the way up to the 60-yard line, stretches the kicking area. In this area the quarterback is instructed to kick on first, second or third down. After he passes the 50-yard line, however, he is given the option of waiting till the fourth down to kick.

The distance from the 20-yard line to the 60-yard line comprises the maneuvering zone. Here the field general may try long forward passes, end runs and open formations that are likely to result in big gains if they succeed at all. It is the place for "gambling" plays, not for the safe, sure but plodding type. The team would be worn out with little profit by a hard plunging game all the way down the field.

Passing the center of the field and entering the territory of the opposition, a different type of play may be employed. Between the opponent's 40 and 20-yard lines is a good zone to try a place kick. It is also a favorite place to attempt special plays. Criss-crosses and other tricks may be tried in this territory.

The distance from the 40-yard line to the goal is the offensive area. Here the compact formations and the hard plunging which would not be tried in the maneuvering zone, become the logical strategy. Here is a good place to keep the defense guessing by varying the compact formations with a surprise forward pass. This is the best area for forward passes.

The distance from the 20-yard line to the goal is the scoring zone. Here is a good place to use a special scoring play. This is usually a new play,



Grange, the most talked of football player in America last year, is captain of the University of Illinois team. His playing will be followed by millions of spectators and readers.

one that has never been used before in a previous game or even in scrimmage.

Zuppke usually teaches a play of this type on Thursday. He does not scrimmage with it because it may not be essentially a strong play in itself. It may fail in scrimmage and the quarter therefore will not have enough faith in it to try it in the game. Zuppke takes his team into the scoring zone to practice the play, so the men will immediately call it to mind the first time they get there.

It is not terrible to fail with this play in the scoring zone. Zuppke points out that even if the ball is fumbled, the opposition is in a bad place. For the same reason it is good here, as well as in the last ten yards, to play out the series of plays. The ball may be lost on the fourth down if it is necessary as explained in the illustration given, because the defense is in a hole anyway.

It is not possible here to go into many of the important instructions that might be profitably given the quarterback with this chart. An entire book on the philosophy of the

game might be written around such a map. A few more suggestions, however, might be of interest.

For instance, the quarterback may take a breathing spell in the maneuvering zone, but he should go hard and give the defense no rest in the scoring zone. Halfbacks carrying the ball should help the quarterback keep out of the side belts by cutting back into the field and crossing the tacklers. If the ball carrier is forced near the sidelines, he should be sure to throw himself out of bounds.

There is one exception to the kicking orders in the kicking area. That is, in a hard game it is sometimes worth while to gamble with a buck for a foot or a yard on the 40-yard line, third down, but it is never well to try for two yards.

Two styles of punting are used in the kicking area. One aims to go high and far. The high punt is difficult to catch. With the time allowed the ends to get down under the punt, they can tackle the receiver hard on the instant the ball touches his hands. A vicious, twisting tackle is likely to cause a fumble. The other type of punting is

used after passing the 50-yard line. A long kick here is likely to go over the end zone for a touchback, so the kicker aims to place the ball out of bounds as near the goal as possible. Then it can't be caught or brought out to the 20-yard line.

According to Zuppke in his book "Football Technique and Tactics" used as a text at the summer coaching course, a team guided by such a strategy chart takes less risk than one depending on the whims and guesses of the average quarterback.

Charts of this sort are needed because no young man with but a few years of experience in football can be expected to develop into a first-class field general breaking his own trail. The chart should represent years of successful football, and embody the results of the study of both successful and disastrous leadership. The strategy map compels the quarterback to respect the law of averages and forces him to discriminate between sound football and the hit or miss kind. Every successful coach develops his own strategy chart to fit his own philosophy of the game.

The Huddle System

By Knute Rockne

The huddle system of calling signals has been rising in popularity and this coming season, more teams will no doubt use it than used it last fall. As far as I know Coach Zuppke, of Illinois, was the first man to use it in public; since then many others have adopted it. There is no doubt that it has assumed strategic importance in football, but, before any coach decides to use it, I believe it would be worth his while to consider the subject both pro and con.

The inability of a team to hear the signals from the quarterback in a large stadium with a tremendously large crowd was probably the primary reason for the beginning of the huddle system. With the group all huddling around the quarterback there is no doubt that every member of the team hears the signal designating the play in general, and specifically giving each man his assignment. This would, therefore, tend to do away with any conflicting offensive signals and absolutely eliminate any fear that an unscrupulous scout might have given the signals to the other team. That these points are important no one can deny.

Zuppke and other coaches using the huddle have also utilized its strategic value. It is quite possible for a team,



Knute Rockne, whose team last year defeated the Army and Princeton in the east, Stanford in the west, Georgia Tech in the south and many of the strong middlewestern teams, and who further travels extensively meeting coaches from all sections of the United States is well qualified to pass expert opinion on any phase of football. His discussion of the huddle system should be read with great interest by all the coaches

coming out of the huddle, to line up in one of several formations and the ball can then be snapped before the defense has had time to analyze the formation and to meet value with value. It is particularly useful in surprise formations in the second half—and by surprise formations I mean those formations which the other team's scouts have never seen. It gives the offensive team a chance to mix up backfield men and linemen indiscriminately without the defensive team being able to detect the fact. It is possible, for instance, to put the best offensive linemen together or to put some clever back in almost any position and the play is off before the defense is able to determine it. One team last fall coming out of a huddle swung into the various formations shown in the attached diagram. It would seem from this that a defensive team would certainly be hard put to be able to analyze and meet such contrasting formations sprung suddenly and quickly from a huddle. However, the coach using these formations evidently did not figure on the limitations of the boys. He forgot that he was dealing with boys from eighteen to twenty years of age with no background of experience and with a hun-

dred and one other data about football to master. In other words, the offensive failed to function on account of the human equation. A boy in college can learn just so much and no more. The team using these five formations did not gain, not because the defense was particularly keen, but because the boys on the offensive stopped themselves. They had too much to learn and, therefore, they were in doubt about most details; they had no background of experience as to how to meet the various defenses presented against these formations; their timing was inaccurate and every play lacked the fineness of execution necessary to success. I do believe, however, that somewhat along this line lies the future development of the huddle system but I also believe that any team, regardless of its brilliancy, cannot master thoroughly more than three formations. A defense can successfully meet three formations whereas meeting five or six would be well nigh impossible. So the possibilities of the huddle system are tremendous in theory. It remains to be seen what possibilities are practical.

The objections to the huddle system are many. Some critics claim that it slows up the game. This is not true as a stop watch would show that a team using it properly would run off just as many plays from the huddle as from the other system. Most spectators, however, object to it on the grounds that it looks like a lot of old women gathered around at a sewing circle. Some coaches say "to hang with the public". This is not a bright remark as every coach must realize that it is the public who are paying his salary. If it were not for public interest, football coaches would not be getting their present salaries.

Some teams use the huddle system to stall but this is not possible with a good referee. The referee has the right to stand in the middle of the huddle to make sure that there is no stalling. One big danger of the huddle system is that a team may suddenly develop eleven quarterbacks. There is a strong temptation for every one of the boys coming back into the huddle to offer advice to the signal caller, which of course would be fatal for the success of an offense. However, a good strong captain backing up a signal caller can very easily eliminate this.

My big exception to the huddle system is based on the fact that it lacks continuity of punch. I like to pick a quarterback with a wonderful voice, magnetic personality and unquestioned qualities of leadership. This sort of man looking over a defensive team, looking them right then in the eye, overwhelms the defense with his

voice, personality and drive. He stimulates the offensive team to an intensity of enthusiasm that gives the offensive team, when they smell a touchdown, an irresistible drive that will sweep across the goal line. These assets in a team are invaluable. They are lost in the huddle system. The strategic advantages of the huddle system may all be derived from a shift attack.

Personally, I would advise every young coach to look over the huddle system both pro and con before deciding to use it. In closing I will say that should I be caught somewhere without an ideal quarterback, I shall then use the huddle system.

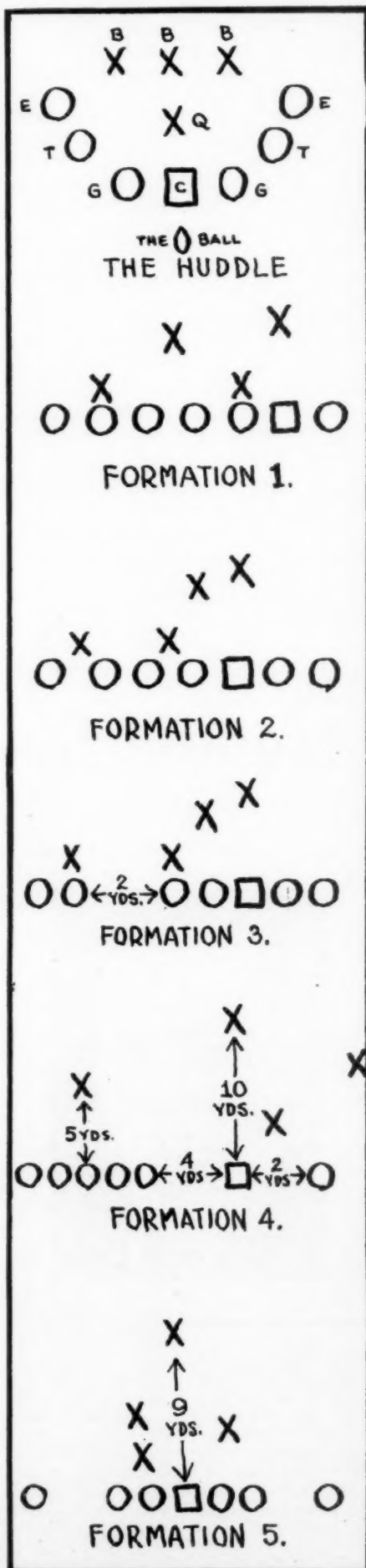
Mr. Rockne's article on the "Huddle Shift" is very timely because the huddle is at present receiving considerable attention from the public, coaches and officials. As a general rule the spectators do not like the huddle because much of the offensive maneuvering to which they are accustomed is done away with when the players move rapidly from what appears to the average on-looker as an unorganized mob into the formation from which the play starts. The coaches, however, apparently are more and more adopting the huddle shift.

The officials in their meetings are discussing these problems connected with the huddle:

1. May an incoming substitute before he has taken part in a play go into the huddle with the other players for the purpose of receiving the signal? Most officials are agreed that this should be permitted provided the referee takes a position close enough to judge as to whether or not the incoming man communicates with his fellows or simply receives information which they may give him.

2. The officials are frequently accused of permitting the offensive team to stall. As Mr. Rockne points out in his article, it is possible to run the plays off just as rapidly from the huddle shift as from most of the other shifts that are now in vogue. However, the team that is trying to kill time may find the huddle formation convenient. The referee must use his judgment and decide whether or not the offensive team is attempting to delay the game or honestly running off its plays as best it can.

3. Some centers on defense have been instructed to place a hand on the ball and then to turn it when the offensive center leaves it lying on the ground and goes back with the others to get the signal. The defensive center has no right to interfere in any manner with the ball.—EDITOR'S NOTE.



Stadium Design

By Gavin Hadden, C. E.

Paper Presented Before the New York Section of the American Society of Civil Engineers, May 20, 1925

(Continued from September.) The number and frequency of use of the seats required for football far exceed those of the seats required for track, the design is logically governed primarily by the football requirements.

The baseball-track combination alone has never been used in an important structure, so far as I know. Both of these sports have their principal activity during the same season of the year, and if their combination has been desired, then the inclusion of football also has been even more desirable, resulting in the three sport type of stadium.

Football is unquestionably the game which now has more general interest for spectators in this country than any other. A few years ago the statement in the newspapers that one million people in England witnessed games of British football on a single afternoon in August caused considerable comment. Yet this number is probably many times exceeded in this country. Estimates of attendance at the hundreds of college games and the thousands of school games, as accurately as the incomplete data would allow, show that probably close to four and a half million people witnessed football games all over the United States on a single afternoon last November.

In considering the design of stadia intended primarily for football, let us apply the fundamental first principles previously stated. The determination of the exact size and shape of the playing arena for this game is of course simple. The location of the

seats as most desired by the spectators is perhaps not so simple.

Where do spectators want to sit at a football game? Probably the best answer can be obtained in the same way as I indicated for baseball: by observing spectators entering a structure without reserved seats. Illustration 24 shows a large seating structure, the Los Angeles Coliseum, with a comparatively small crowd of spectators witnessing a football game, all of whom have presumably seated themselves of their own volition, exercising complete freedom of choice of those seats still unoccupied when they arrived. Note the form assumed by this crowd, and you will see a logical shape for a seating structure designed for a crowd of football spectators of this size.

As the crowd increases in size, the enclosing curve will be extended fur-

ther and further from the center of the field, until the foremost seats at the end of the field are also occupied. A simple circular curve in plan, with center at the center of the football field is obviously indicated. This shape is based entirely on the consideration of the *average* length of view, but it is probable, especially when great seating capacities are reached, that the *maximum* length of view has a greater influence. Illustration 25 shows the shape produced by uniformly restricting the *maximum* length of view. The diagram in each case is formed by describing intersecting arcs of equal radius from the four corners of the field. The length of arc shown here is about equal to the maximum length of view now existing in the Yale Bowl—600 ft. The diagram also shows the number of seats which could be provided on a single deck in such a structure, for football only, about 150,000, and for both football and track about 130,000. In other words it is possible to erect a structure of this capacity in a single deck without giving any seat a more distant view than the most distant seat in the Yale Bowl today. These diagrams are of course not intended to represent actual designs. They are intended merely as guides to the consideration of this one important feature, and hence are described as "Stadium Envelopes."

With absolute unanimity of primary purpose—to provide advantageous seats for spectators at football games—it would naturally be expected that unanimity of results to a consid-

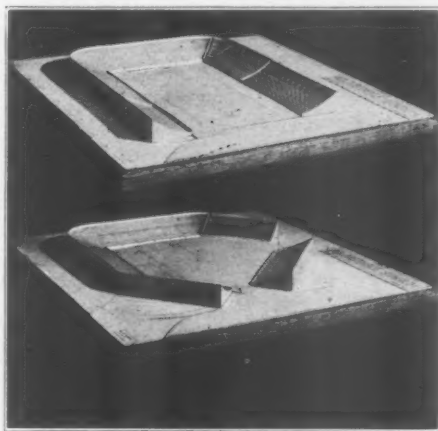


Illustration 23



Illustration 24

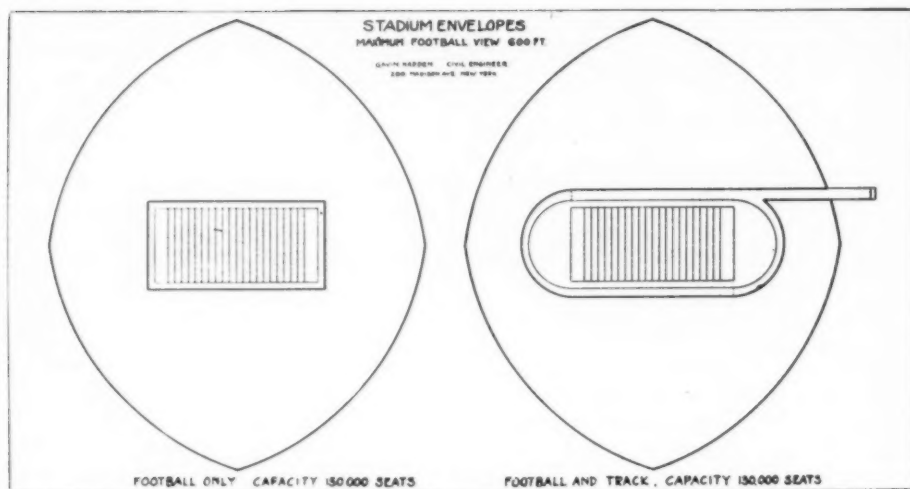


Illustration 25

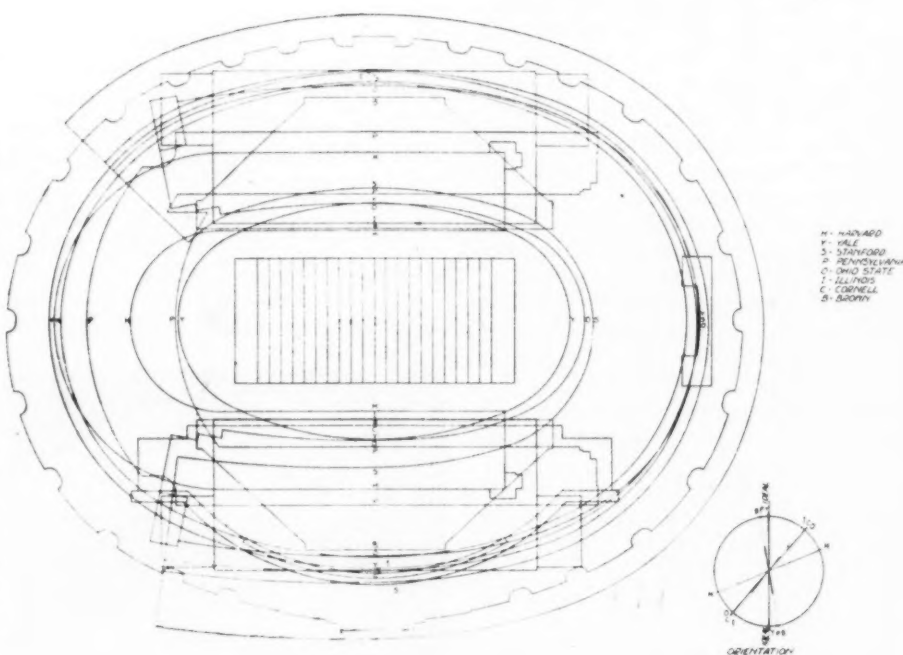
erable degree would be found upon a close comparison of the general designs of existing stadia. This is not, however, the actual case.

Illustration 26 shows comparative plans of various modern stadia. With the help of the initial letters, I think any one of the plans may be picked out with the eye, and in any case the general information shown is all that we are concerned with just now. The drawing really contains a large amount of interesting information and well repays examination at some length. I shall just try to point out some of the most interesting features.

The plans of eight different stadia are shown, superimposed so that all the football gridirons exactly coincide. The list, in order of their construction includes, Harvard, Yale, Stanford, Pennsylvania, Ohio State, Illinois, Cornell and Brown. The last named is not yet completed but is now under construction, to be opened next fall. This list was carefully chosen, with an attempt to include those which are most diversified and which best illustrate the various types and kinds of general designs. For example:

There is one structure for football only—Yale.

There is one three sports structure—Pennsylvania.



COMPARATIVE PLANS OF VARIOUS UNIVERSITY STADIA.

Illustration 26

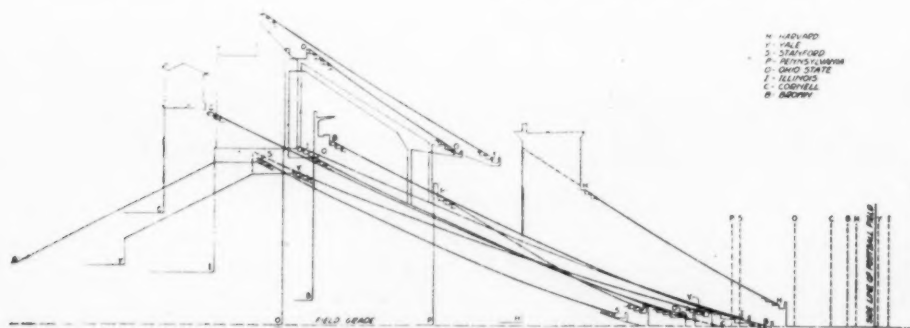
There are five with straight seat treads at the side of the field; three with curved seat treads—Yale, Stanford, and Ohio State.

There are two of the embankment

crete.

All temporary seats which have been added to increase the capacity of some of these structures have been omitted from the diagram, except that those additional wood seats which are left in place from year to year, such as those under the colonnade in the Harvard Stadium and those on the berm at the top of the Yale Bowl, are indicated.

Perhaps the most startling information which is given by this diagram is the comparatively very small area of seat deck which is common to all the structures shown. The shaded areas on the slide show those deck sections common to all eight stadia on the lower side and to seven of them on the upper side—the Cornell Crescent having as yet no seats on the op-



COMPARATIVE CROSS SECTIONS OF VARIOUS UNIVERSITY STADIA.

Illustration 27

posite side of the field. The area thus shown on the lower side is barely large enough to seat 4,000 spectators, and yet the *smallest* half structure or one side development shown will seat four times that number of spectators, or about 16,000. The upper side area is somewhat larger, the difference being due to lack of symmetry on account of differences in the widths of the two sides of the various running tracks.

It may be noted that the Harvard Stadium is nearest to the side lines at the front. For, the more recent structures it has been found desirable to provide a somewhat greater distance between the side lines and the running track curb, and also a somewhat greater width of track. The front rows of the Stanford Stadium are farthest from the side lines, partly because of the bowed sides and partly because of the great width of the track enclosure which provides for a Rugby football field. The Franklin Field Stadium at Pennsylvania is also some distance from the side lines, pri-

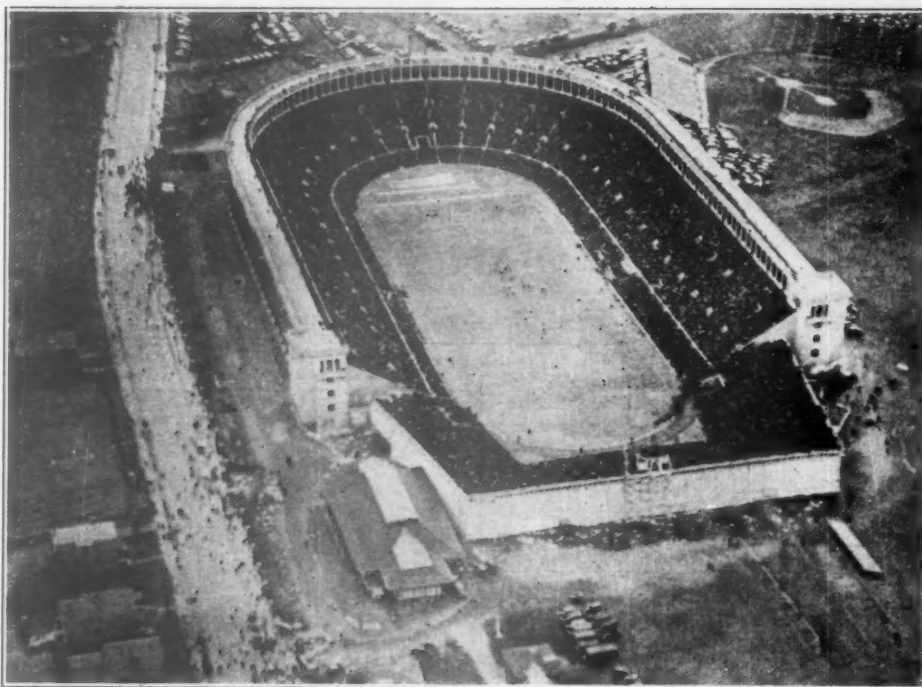


Illustration 28

ly to adherence to ancient precedent—the examples of the Greek Stadium

improve the appearance, supplemented by a small advantage of doubtful value in allowing the spectators to obtain a somewhat better view of each other. The playing area of the field is absolutely limited and fixed by the artificial lines of the gridiron and these lines are straight at the sides. It is logical to build the seats straight and parallel to these lines, as close as other conditions will permit. In this respect these structures are in no way comparable to a theatre, where the field of view is extremely limited.

The Illinois Stadium with its single rectangle on each side, and the Cornell and the Brown structures show three variations of the application of the principle of placing the seats where they are most desired. In the Cornell Crescent about sixty-five per cent of the seats are first class side line seats located between goal lines; in the Illinois Stadium about seventy-two per cent and in the Brown Amphitheatre about eighty-three per cent will be first class side line seats. In the Yale Bowl, on the other hand only about



Illustration 29

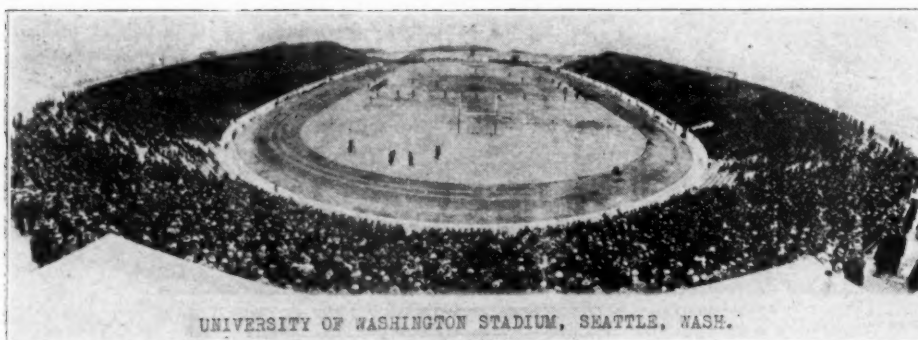
marily on account of its wide arena for baseball, but this is largely made up by its temporary front bleachers which are of durable sectional steel construction, readily knocked down and reerected each year. The permanent part of this seat deck is narrower at the sides than any of the others, on account of the restrictions imposed by the adjoining city streets, in spite of the fact that the deck extends in arcade construction over the sidewalks of these streets.

The bowing of the sides of a structure, which is found in a number of other stadia as well as in three of those shown here is due perhaps part-

and the Roman Amphitheatre—and partly perhaps because of efforts to



Illustration 30



UNIVERSITY OF WASHINGTON STADIUM, SEATTLE, WASH.

Illustration 31

thirty-five per cent of the seats lie between the goal lines.

Illustration 27 is perhaps even more informative than the preceding one. It shows typical cross-sections of the same eight stadia, likewise superimposed on each other, with the side lines and surfaces of all the football gridirons exactly coinciding. For the three stadia which have bowed sides, Yale, Stanford, and Ohio State, the distance from the side line has been averaged. For all the others the distance is uniformly as shown throughout the length of the field. For Cornell and Brown the cross-section shown is that on the transverse centerline; for the others each cross-section



STADIUM, LELAND-STANFORD JR. UNIVERSITY, PALO ALTO, CAL.

Illustration 32



Illustration 33

tion is substantially uniform throughout the two sides. The deck profiles are shown by solid lines, and in order to reduce all to the same basis, these lines are in each case drawn through the forward edge of each seat. Extensions of the original decks are shown by broken lines. The vertical broken lines at the right indicate what might be termed the points of intersection of the average minimum sight lines with the surface of the field, each one identified by its corresponding initial letter. That is, if a straight line is drawn from the eye location in any seat row in any stand to this corresponding ground point, all the area lying below this line may be considered as "dead" area, none of which is visible to the unobstructed eye entire-

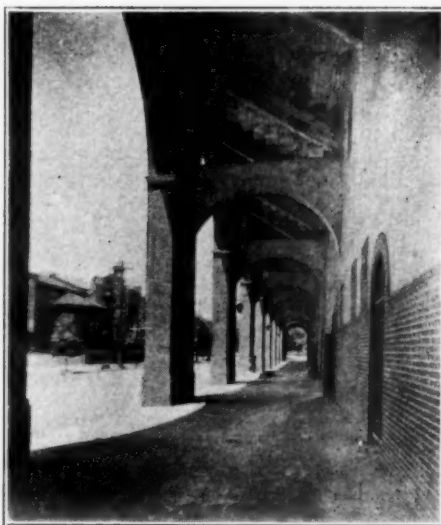


Illustration 34

ly above the heads of spectators in front. To reduce all to a common basis, the same identical clearance, which is believed to be reasonable and usual, has been used for every case, but it should be carefully noted particularly in the case of the Yale Bowl and of the Illinois Stadium that the sight points shown are not necessarily those for which the various structures were designed. The variation in location of these sightpoints thus indicates the wide variation in the assumptions

on which these designs were based.

The wide variation in slopes and locations is perhaps, the most distinctive feature of this drawing. The two second decks stand out prominently. That of the Ohio State structure is considerably steeper, even though lower, than that of the Illinois structure, and the reason is obvious when the wide distance between sight points is noted.

An interesting comparison can be made between the profiles of the Harvard Stadium and the Brown Amphitheatre. The distance between the gridiron and the front row is nearly the same for these two, and their sight points also nearly coincide, in approximately the same relative position. Practically the entire difference in the slope of these two decks is therefore due to the difference between the elevations at which they start, the first row of seats at Harvard being located nearly eight feet above the field and the first row at Brown being located nearly at the field level. Such a comparison shows strikingly the advantages of starting the structure close to the ground, not only in reducing the height of the entire stand but also in reducing the amount of dead space which is hidden from the spectators. Except in special cases such as obtained in the Franklin Field design the high front wall of the ancient am-

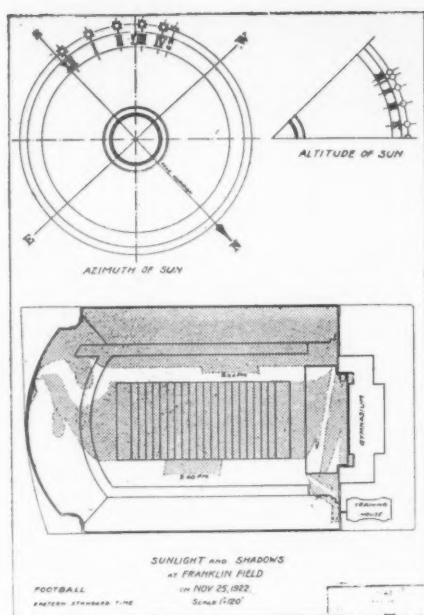


Illustration 35

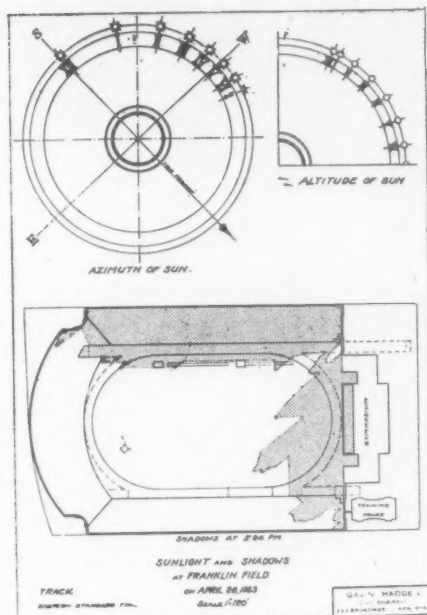


Illustration 36

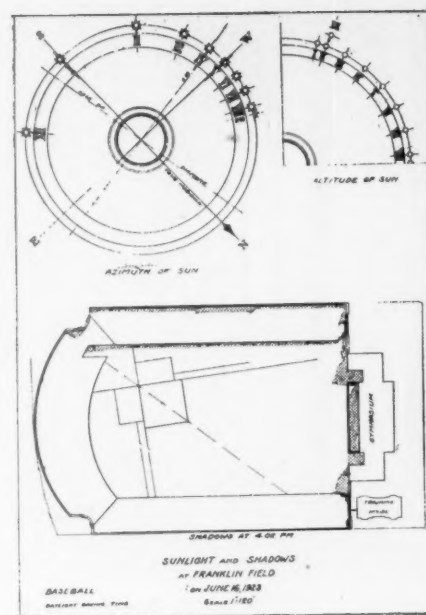


Illustration 37

phitheatre has been gradually disappearing—there is no need to protect the spectators from the participants in modern games.

Before closing, I think you may be interested in seeing some illustrations of these and some other modern football stadium structures. Their wide diversity in design is in some respects even more striking in the photographs than in the diagrams just shown.

I should have liked to have shown you also some of my working diagrams, from which for example the solution of a projected cross-sectional profile may be quickly read off by coordinates, or from which the ideal orientation for a football field on any site in the United States can be immediately obtained, but the proper description of such matters would take more time than has been allotted to me.

The Harvard Stadium is undoubtedly one of the most beautiful that has been erected. It is a real shame

that during the periods when most people have the opportunity to see it, it must be marred by the box-like temporary stands at the open end.

This aerial view (Illustration 29) of the Yale Bowl shows clearly its resemblance to a saucer, and also how crowded it is during an important game. About 75,000 people are shown here.

The Palmer Stadium in Princeton (Illustration 30) is another of the well known earlier structures. It likewise has on occasions been overcrowded. The compound curves at the closed end form a variation of the usual semicircle.

The University of Washington Stadium in Seattle (Illustration 31) is one of the embankment type, U-shaped in plan, with bowed sides. The method of construction of this stadium was interesting. The earth was moved hydraulically, and formed to the shape of the deck with sluice boards. This was the first structure

in which the first row was located really close to the level of the field—the wall which shows in the picture extends well below the field, forming the boundary of a sunken passage in front. The location of the few empty seats is interesting. Diagonal corner seats, far beyond the end of the field as here, are usually quite undesirable, but the concentration of the empty spaces here in this picture, may be due to various considerations governing the methods of distribution of the seats.

The Stanford Stadium, (Illustration 32) another of the embankment type, had probably the lowest cost of any of its size so far constructed. The deck is built of wood, laid directly on the banks. The spectators entering climb up wooden steps on the outside and then climb down inside to their seats.

This slide, (Illustration 33) showing a general view of the Franklin Field Stadium, was taken in 1922 be-

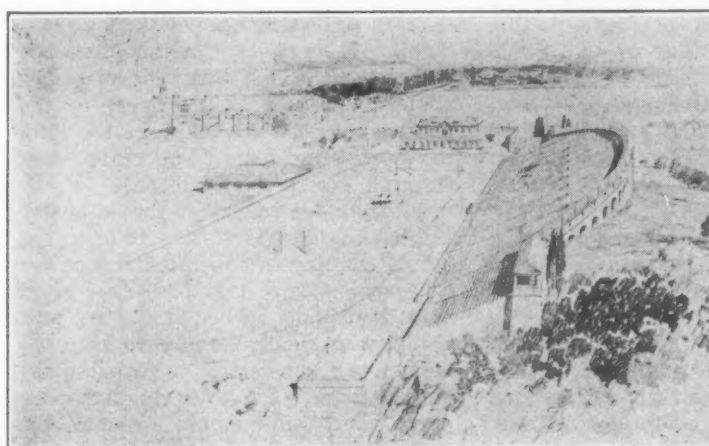


Illustration 38

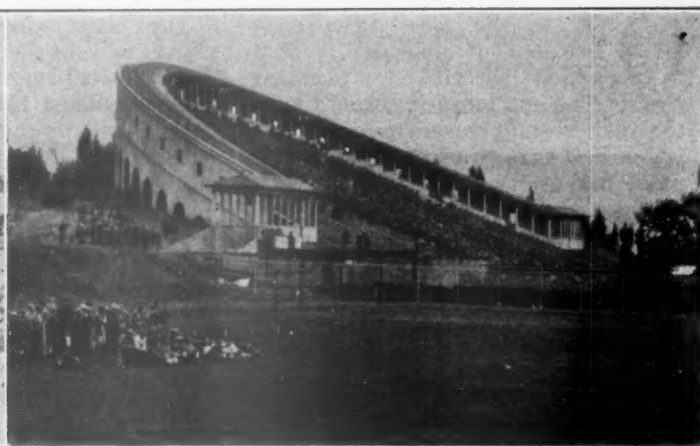


Illustration 39



Illustration 40

fore it was completed, and I am sorry to say that the photograph was touched up somewhat, and spectators heads are indicated where they have no business to be. It shows how the football crowd is carried right down to the field level on the temporary bleachers, and gives some idea of the physical restrictions of the site.

This detail shows one of the arcades over the sidewalk at Franklin Field Stadium. (Illustration 34.)

The next three illustrations (35, 36 and 37) which are really orientation and sunlight and shadow diagrams on the most important date for each sport, will serve to show how the Franklin Field arena is adapted to use for the three different sports. First, football with all the temporary bleachers in position. The shadows are those at the start of the game and when the entire gridiron is in shade. The orientation happens to be almost

perfect. Next, Track, with the temporaries removed; the shadow shows the entire straightaway inside the arena in shade. And next baseball. The shadow is drawn at 4:02 p. m. daylight saving time, when the sun's direction coincides with the third base—first base line.

Illustration 38 shows a perspective view the Cornell Crescent, drawn before construction began. No airplane view has yet been taken, and this drawing shows it perhaps better as a whole than any of the photographs from the ground.

Illustration 39 is the best general view of the Cornell Crescent available, showing both the seat deck and some of the exterior wall.

Illustration 40 is a general view of the interior under the Seat Deck, at Cornell, and gives a general idea of the method of framing. One of the expansion joints may perhaps be seen



Illustration 41

located at the next column bent beyond that marked "EE." Sliding joints are used in the deck, indicated by the black line showing in the picture at the intersection of the deck and the inclined girder. In the colonnade and rear wall, the usual butt joints are used. The wooden wall and screens for the toilet rooms are temporary only, eventually to be replaced by permanent construction.

Illustration 41 shows the general relation of the colonnade to the seat deck. The portion of the colonnade in the foreground is used for circulation of spectators to and from the end seating sections. Beyond the pipe rail in the back ground it is used for private boxes.

Copies of the September issue containing the first of this article and additional copies of this issue may be secured at the regular price per copy.

Plays That Have Worked

ONE of the most fascinating features of football is that which pertains to planning plays. The enthusiastic coach during the year literally covers reams of paper with diagrams of plays which his mind has evolved. So entrancing is this work of figuring offensive formations that a great many coaches make the mistake of thinking that they can find the unstoppable play. Consequently every football coach who writes a book suggests that it is the playing and not the plays that win football games. To that sage advice we must all ascribe and yet many a game has been won by a well executed play which is just a little different.

The plays which accompany this article may be familiar to all. Some of them would not fit in with certain plans of attack that have already been devised by the coaches who will read this article. All of them have proven successful in actual games against good teams.

The play shown in Diagram I to be successful requires that number nine who carries the ball shall be a dangerous runner and further that he can pass on the run. If he has been making good gains around right end the chances are that when this man gets the ball from center on a direct pass and starts to the right, the defensive full-back will move with him

to back up the defensive left end and tackle. If he does, the quarter-back who has crouched behind center but allowed the ball to go direct to the full-back makes the bluff at blocking the opposing center but really goes through for a forward pass in the territory made vacant by the defensive full-back. The fact that four comes out of the line to run interference for nine makes the quarter-back's block seem bona fide. One, of course, is a decoy, who should be able to keep the defensive right half from covering the quarter-back. In order to make the play work, one should execute the same maneuver on a play or two in which nine has carried the ball around

end. It is surprising how often this play will work even when the team using it has been scouted and it is known to the opponents.

Diagram II shows a cut back between guard and center. Two and three block the opposing right guard, four and ten the opposing tackle, six and eight the left guard and five high-blocks the opposing full-back who probably will be drawn to his left as the play starts. This means that five should be able to keep him from coming back to tackle nine who makes his play look like a run around end and then cuts back over guard. There are two vital points in this play. First, eight and ten have a chance to side-swipe the line men whom they block and this should give them an opportunity to open a hole in the line. They must exercise caution, however, or they will fill up the hole with their own bodies. The second point is this, the ball carrier first must be able to fool the opposing full-back to the extent of making him think that the play is an end run; second, he must be able to cut back sharply without losing speed; and third, he should be able to keep low and to drive through the opening that is made for a few yards every time the play is used.

When a team has been gaining throughout the afternoon through the other team's line, the opponent's defensive backs will invariably hurry up to reinforce the line on anything that looks like a line buck. When the defensive backs are in this state of mind the play shown in Diagram III will sometimes work. In this the quarterback fakes to pass the ball to the full-back for a line buck and then cuts back five yards and passes to one of the ends who have gone down for a forward pass. Two half-backs block off the opposing tackles so as to give the quarterback a chance to execute his pass. Of course, this idea will work from any formation and is nothing new in football. Every coach realizes that if his line is whipped his forward pass defense will be weakened. A prominent writer the other day suggested that the line was

no longer so valuable as formerly in football, but it is safe to predict that there won't be any championships won this year by teams with poor lines.

The eight man line of offense presents a great many opportunities of line attack. A certain coach who has been developing good teams for a long time employs the eight man line formation year after year. Sometimes he will leave it off his list of plays for a year or so but invariably he comes back with it and causes the coach a lot of trouble who has not told his defense what to do against an eight man line. Diagram IV shows the possibilities of this play especially when the opponents have been taught to play their tackles a half a man outside of end. If they do this the defensive guards and center will be opposed by six men and a hole should open up on one side of the defensive center. The weakness of the play, of course, is that running plays cannot be executed so well from this formation as from a formation in which the

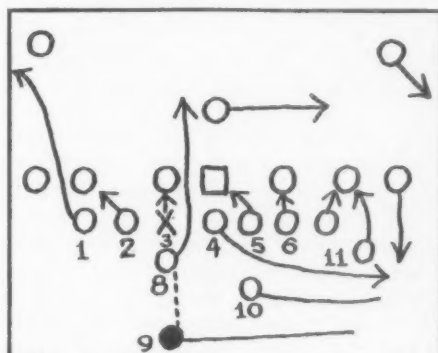
four backs are behind the line. This being true, the coach should instruct his tackles to play directly in front of their opposing ends when the opponents use this play and that makes it possible for the defensive guards to cover more ground on the inside.

Diagram V illustrates an old forward pass play that is still good. To be successful, however, the full-back should be deceptive and should be able to pass on the run. Two ends go down the field as though under a punt and the quarter-back delays a bit and then crosses over to the right and looks for an open place behind the defensive line. He should be careful and not by his movements give his opponents any reason whatsoever for suspecting that he is a possible receiver of a forward pass. This is a play that will work over and over again against a team that is familiar with it provided the two principals in the play are clever enough to deceive their opponents.

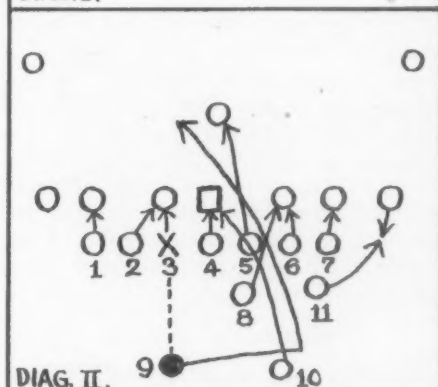
The defensive left tackle and end will probably charge in to block the pass or break interference. This enables the quarterback who is to receive the pass to fake at blocking one of these men off and then slip in behind one of them unobserved. If the defensive left end plays the waiting game he may elect to cover the quarterback. This, however, is not probable because if he did move over into the fullback's position the ball carrier would, of course, run around his end.

The offensive left tackle should go down the field just as he would under punts and then if the quarterback catches the forward pass the tackle is then in position to run interference for him, and this, of course, means to block off the defensive quarterback.

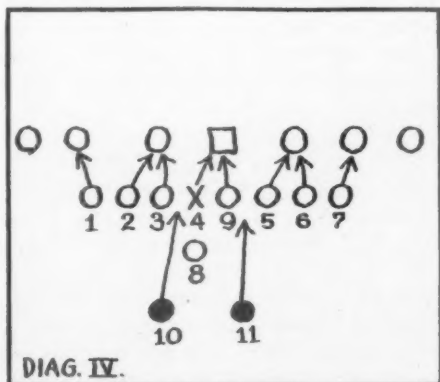
On page one is an announcement that the JOURNAL will pay for the best plays which are sent in and accepted. If you know of a good play, don't fail to diagram it and send it in to the ATHLETIC JOURNAL office. For each play received and accepted you will receive five dollars.



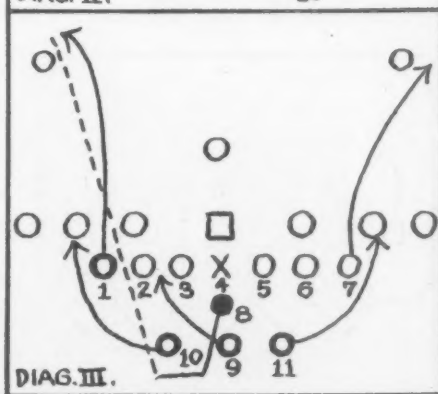
DIAG. I.



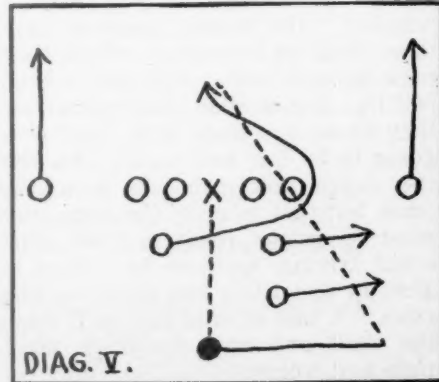
DIAG. II.



DIAG. IV.



DIAG. III.



DIAG. V.

Problems of High School Football Coaching

By Butch Scanlan

A HIGH school coach must realize that the high school boy is entirely different from the college man and requires different coaching. If the coach, just out of college is coaching his first year, he must keep this fact in mind and not use the same tactics that his college coach has used.

The high school boy, because of his youth has not matured mentally, and therefore cannot grasp ideas and become efficient so fast as his coach would like to have him; he has not matured physically and therefore he can not stand work in the same degree as can the college man. He is easily discouraged and consequently when he excels in any phase of the game, he should be praised. Ordinarily he is interested in any one thing for only a short period of time, therefore variation of work should be planned. If he "rough houses" a little, the coach should remember that boys with life are full of the "Old Nick" and that this type of boy may later be a winner.

Football a "He-Man's" Game

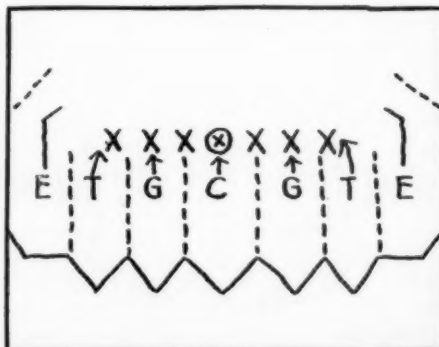
The first real problem of the high school coach each fall is how to keep the boys on the squad. The first night out, all are interested; a few days later, practice becomes irksome; the daily repetition of fundamentals becomes monotonous. The boys are forced to give up their good times and certain foods; after a few days of scrimmage the "cake eaters" and "softies" have dropped by the wayside. To prevent these boys influencing others to quit the squad and to save the coach time, I would recommend that every coach call his squad together and before giving out the suits explain that football is a "he-man's" game and no place for a "candy." He should impress upon them that he cares not where they come from, who they are, what school, political, fraternal or social affiliations they have; he should state that he is going to be fair and square and that the eleven best men will make the team, but that to make the team they must be serious, ready to work, must stand driving, sarcasm, be willing to give up social life and keep training rules. A talk of this kind will chase the chaff and save the coach much time and worry.

Hints on Offense

The first two weeks of practice should be given entirely to setting up exercises, fundamentals, and dummy scrimmage. A certain amount of time should be allotted each day throughout the season for setting up exercises and fundamentals. By Saturday of the second week, the boy should be in such physical condition that it is possible to scrimmage him without serious injury. The coaches who scrimmage too early will have many injuries and will find their men on the side lines when most needed. Injuries always retard team work and development. Most coaches return in the fall with a highly developed offense before they have determined the type of material they have. In this way, they try to make the team fit the plays, instead of making the plays fit the team. By the time the preliminary work is over, at the end of the second week, the coaches should have determined the type of material at hand. If it is cumbersome and slow thinking, a few simple power plays mixed with split bucks is all that may be used; if the material is light, shifty and brainy, shift and clever plays may be given. There are three facts that a coach must remember regarding offense: (1) Plays according to the type of material should be given. (2) Not over twenty-five plays in number should be given; every coach should depend upon the good execution of a few plays. (3) Some time each week should be spent on the study of rules. I have won two championships because my teams knew the rules. I use rainy afternoons especially for chalk talks and rules.

Methods of Defense

After trying all methods of defense for the last ten years, I have at last



decided on the cup defense for line play and the man to man defense for forward passing. In the line defense, my guards, tackles, and center charge straight back. The end goes three steps in, finishing up with the inner foot advanced, turning towards the interference. He uses his hands so that he cannot be circled and forces the play towards the center. I make each man on this defense responsible for certain territory; the end is responsible for the outside and half the distance between him and the tackle; the tackle, half the distance between him and the end and guard; the guard, half the distance between tackle and the center; the center, half the distance between the two guards. He is to protect his own territory first and until he is absolutely certain that plays are not coming through this, he is not to help any other point. (See diagram.) The high school boy is very eager and nervous and easily pulled out of position and by this method he can overcome this fault. On defense for forward passes, a man to man defense is easy for the high school boy to master. If he is put on one man, he will understand what his duty is and better results will be secured than from the other two systems.

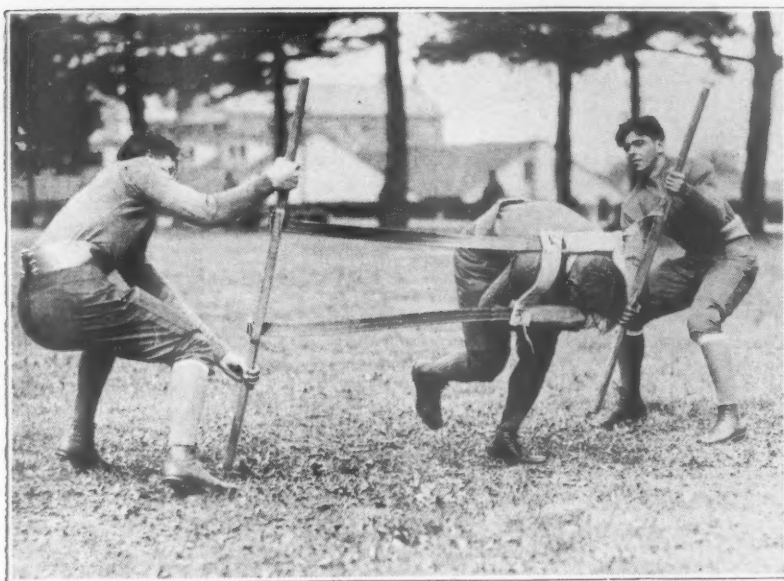
The Parents an Aid to Eligibility

The first few years that I coached in high school, we had a weekly eligibility system. This was a constant worry to me as I never knew who was eligible until 5:30, the day before the game. Someone was always flunking, so I finally decided on the following plan. Writing a letter to the teachers, I asked them to place a note in my mailbox if anyone of my boys cut or failed in class. The only excuse I accepted for cutting class was a doctor's certificate. I also wrote the following letter to the parents of the boy on plain stationery so that he had no chance to lift the letter from the postman:

Dear Parents:

Your boy is a member of my football squad and I know that you are interested in his making the team, and will co-operate with me. Every boy has to stay eligible to be a member of our team, and only through staying in and studying every evening can this be done. Do not let him eat

(Continued on page 41)



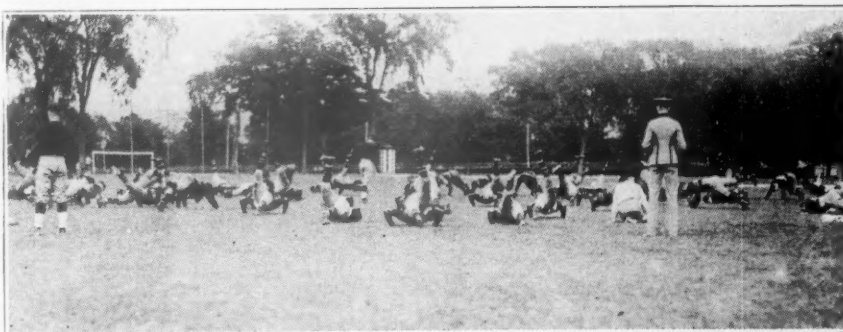
International Newsreel

Illustration 1

The value of training stunts as an aid to the development of football players is recognized by most coaches, although there are still some who believe that it is not necessary to give men training outside of the usual football practice. During the war it was found necessary to put men through a course of training in which they were required to crawl, run, jump and hop in unnatural positions. Many football coaches saw the value of these training exercises and have since used similar stunts for the development of the football men.

When Coach Cavanaugh was at Dartmouth, he made use of various training stunts that have been given the name of the "Dartmouth Grass Drill." Many schools have followed his plan with good results.

Illustration 1 gives an idea of the use that may be made of the bucking strap. Some coaches do not believe in using this device at all. If a man has a tendency to raise his body, when he hits the line, he may be made to realize that he can pick the holes by watching the position of the feet of the men in the line just as well as by looking at their faces.



International Newsreel

Illustration 2



Underwood & Underwood

Illustration 3



International Newsreel

Illustration 4

Illustration 2 shows the Army team at West Point warming up by means of some of the hardening stunts which were introduced into the West Point program after the war.

Illustration 3 shows some of the Harvard football squad being put through calisthenics as a preliminary training measure.

Illustration 4 pictures one of the army hardening exercises.

Bucking the Line

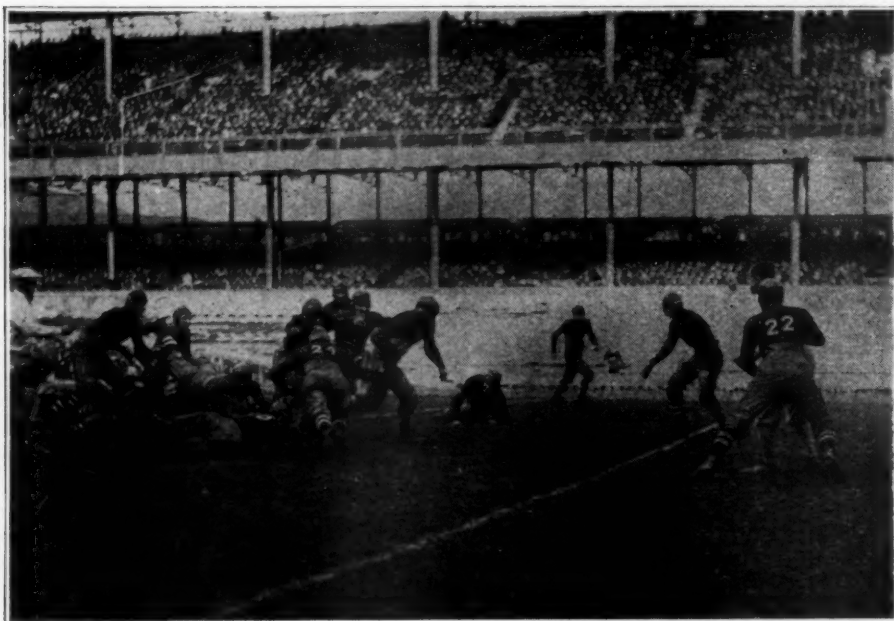


Illustration 5 Underwood & Underwood

While most coaches and players understand that the man in Illustration 6 is not hurdling, yet invariably the public will insist that any man who steps over a fallen player is guilty of hurdling and should be penalized. If the ball carrier were to jump over the player marked thirteen with his feet or knees first, he would violate the hurdling rule. Another question might be raised on a point which sometimes causes confusion, namely, if number thirteen were to reach up and grasp the ball carrier's foot with one hand, would it be considered tripping? The best officials would consider this a legitimate tackle.



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Illustration 6



Illustration 7

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Illustration 5 shows a full-back who has successfully bucked the line and is now straightening up preparatory to evading the secondary defense. The defensive backs are shown waiting for the runner. The best results are obtained when the men backing up the line meet the opposing line bucker in the line. In the old days when the quarter-back or full-back backed up the line, he would dive into the hole and plug it so to speak with his head and shoulders.

Another illustration of what the public usually considers hurdling is shown in Illustration 7. Here the man carrying the ball is shown with both feet off the ground and he has clearly hurled himself at the line. By no stretch of the imagination could anyone claim that his feet or knees are foremost. While now and then a back when hitting the line may find it necessary to attempt to dive over it, as a rule the best results are obtained by a man who drives as far as possible through whatever opening he finds. If the full-back does not have a big opening, frequently he can make one by driving his body like a wedge through whatever opening there is.

Starting Positions

Illustration 8. Backs are usually taught to assume a position similar to that taken by sprinters on the starting mark with this difference—that their feet are practically on a line. This does not necessarily slow up the back in his starting. In fact, if any coach will experiment, he will find that sprinters or backs can start almost as fast with their feet on a line as if they placed one foot behind the other.



Underwood & Underwood

Illustration 8

Illustration 10. Line men assume a similar position to that of the backs with the exception that their heads must be well up and the rest of their bodies low. Further, they must be braced for the charge. The man in Illustration 10 has a splendid position for a line man. Some coaches teach their men to put both hands on the ground. This has the advantage of enabling the line man in question to brace himself so that he can not easily be pulled forward. Other coaches permit their line men to assume individual positions that seem comfortable and from which they can start easily.



International Newsreel

Illustration 9

Illustration 9. One of the West Point backs is here shown in his starting position. Note that he is on his toes, his legs are well spread so that he can start quickly to either side and his feet are on a line. Further, his one hand on the ground enables him to steady himself and the other hand can be used in helping him get a quick start. The writer once knew a professional sprinter who always started with one hand behind rather than with both hands on the ground. This man was a very quick starter and maintained that he got away faster than when he took the usual crouched position.



International Newsreel

Illustration 10

Illustration 11 shows another lineman ready for the charge. In practice, it is well to have a lineman take an offensive position and a defensive opponent tussle with him to see whether the man on defense can pull the other forward off balance, raise him up and push him back or turn him to one side. Some coaches insist that



Illustration 11

International Newsreel

their men should always attempt to straighten the offensive opponents up and never pull them forward. However, if the player opposite takes a stance with his head and shoulders low the man on defense should push the other's head down and at the same time pull him forward.

Forward Passing

Illustration 12 shows a receiver of a forward pass who has caught the ball on the run and is tucking it under his arm. Note that this man is in full stride and consequently has a fair chance to get away for a good run, especially since he



Illustration 12

is being aided by splendid blocking by the team mate in front of him. If the man blocking the defensive back were to throw his arms forward in such a manner as to block his opponent's legs with his arms, this technically would be a foul.



Illustration 13

Illustration 13 shows Aubrey Devine formerly all American quarterback, University of Iowa starting an optional pass. Devine was a dangerous ball carrier and an excellent forward passer. He invariably carried the ball as shown in this illustration, thus veiling his attempt as to whether he was to circle the end or execute a pass. In many of his plays, if the full-back on defense came over to tackle the runner, then Devine would pass to an end or half-back who crossed over into the territory left vacant by the full-back.

Illustration 14 shows the pass being made while the passer is in full stride. A clever man may sometimes safely feint to pass the ball as shown in this illustration and then tuck it under his arm and run with it.

Illustration 15 shows the completion of the pass. The player has his left hand free with which to protect himself from incoming line-men. The forward passer is entitled to no more protection than that accorded other offensive men.



Illustration 14



Illustration 15

Illustration 16 is a remarkably clear picture of the forward pass. Number one is coming down the field for a long pass and is being covered by the left half on defense. Number two is in a position to get a short pass and number three is crossing over for the pass made from a stand rather than from a running play.

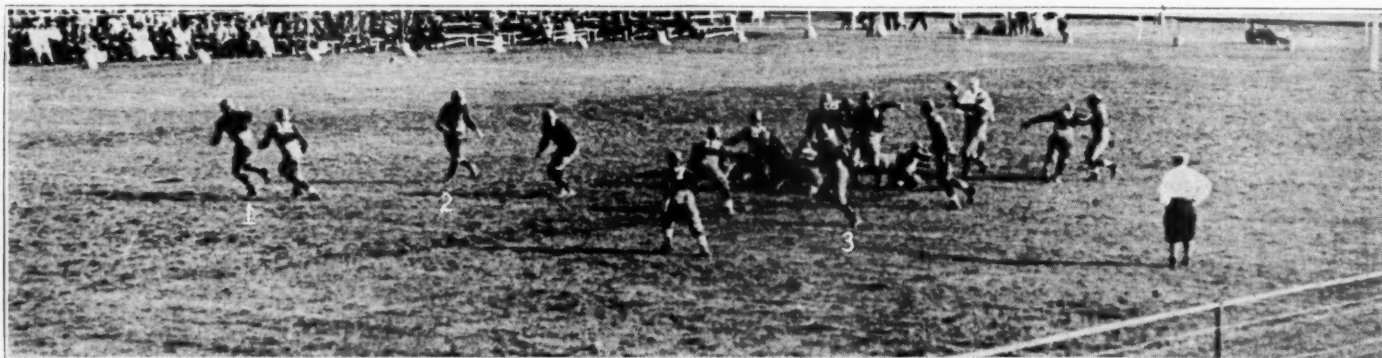
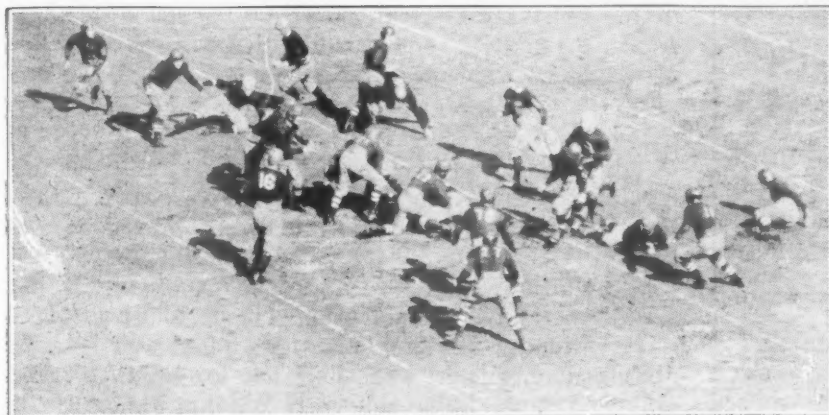


Illustration 16

Underwood & Underwood



Underwood & Underwood

Illustration 17

Illustration 18 shows a tackle blocking a defensive end. Note that his head is on the side next to the opening in the line. Further his elbows are well extended. Two men are blocking the defensive guard by charging shoulder to shoulder. The opening is between tackle and guard. Sometimes it is well to use the high and

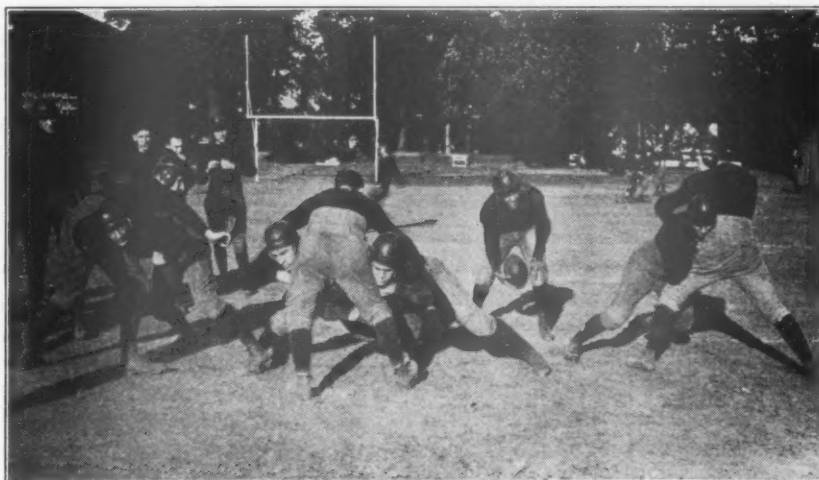


Illustration 18

Illustration 19 shows a play to the weak side. Note that the offensive men near the play use the shoulder block keeping low and stepping in such a manner as to drive their opponents away from the play. The lineman on the other side has body checked his opponent but is not attempting to drive him back. All blocking in the line to be effective must be preceded by a quick charge. The man who starts first has a decided advantage over his opponent.

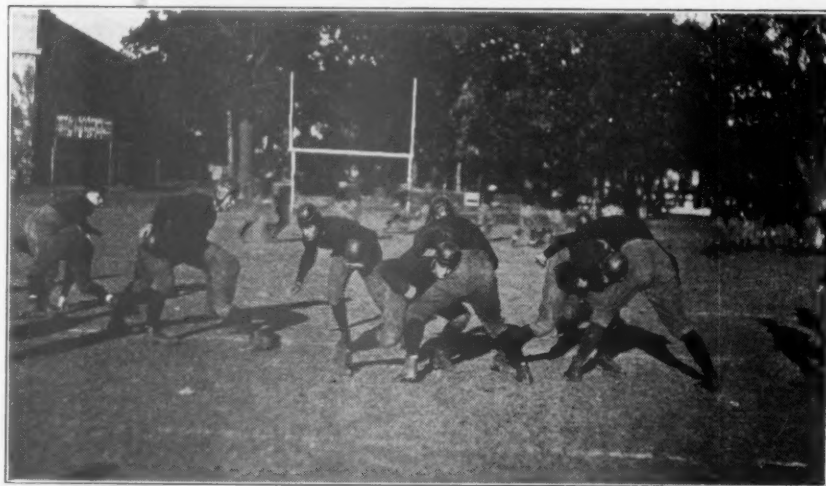


Illustration 19



Illustration 20

International Newsreel

Blocking

Illustration 17. Note the manner in which the man who is blocking twenty-three uses his leg and knee. The man blocking twenty-one has charged straight ahead and then as a secondary movement is throwing his body across the legs of his opponent. If he fails to check his man, his next move is to roll onto the feet and up the legs of the other man. Many men in blocking make the mistake of making just one charge or lunge. The successful men in body-checking and blocking keep after their man until the play is over.

low block on the opponent. In this case the center would block low and the guard high so as to turn the opponent away from the play. Some coaches use a scissors block in which one man harries his opponent as much as possible and then another comes over and side-swipes him.

Illustration 20. While a great many coaches these days are teaching their men to stay on their feet when they block, others still believe that the most effective blocking may be done by the method shown in Illustration 20 by the back who is blocking the defensive left end. This picture illustrates the cup defense which will work providing the backs do not take the opposing end out. Note the block that is being made on the defensive left tackle. The runner in this play does not have a very good opportunity of executing a cut-back run. The cup defense for general purposes is the best that has ever been devised.

The ATHLETIC JOURNAL

Nation-Wide Amateur Athletics

VOLUME VI OCTOBER, 1925 No. 3

Published by
THE ATHLETIC JOURNAL PUBLISHING CO.
6922 Glenwood Avenue
Chicago, Illinois

JOHN L. GRIFFITH, Editor

College Athletics in 1950

LOOKING ahead twenty-five years what will be the situation in college athletics in this country at that time? While it is always dangerous to predict the future, yet the writer feels that not only is he comparatively safe in suggesting what conditions may be a quarter of a century from now because not many then will have a chance to remind him of his mistakes, but further the present trend in athletics points toward certain undubitable results.

When 1950 rolls around athletics will no longer be considered as extra curricular activity but will be given a place on the academic program. A great deal of the discussion going on these days about football would not take place if educators were agreed regarding the function of the college and the purpose of physical education and all of its activities. By that time educators will have generally accepted the point of view that the purpose of the school and college is to train for citizenship and present day humanities will be considered of equal importance with the humanism of the classics. By that time it will have been generally shown that athletics may be used as a medium for developing qualities of character that are just as important in the race of life as intellectual attainments per se.

When the 1900 half century mark is reached, educators will have accepted the fact that the public may be expected to manifest more interest in tangible accomplishments which may be witnessed on the football fields than the more indefinite and obscure achievements of the class room. Students who have studied the phenomena of human life realize that for thousands of years human beings have glorified the men who have exemplified the primal virtues of courage, aggressiveness, stamina and self-sacrifice. It will be realized that if youth is not given an opportunity of displaying its natural characteristics, which are as old as the race, in the form of orderly and well regulated athletic contests where the rules are kept and courtesy shown opponents that there will be other manifestations far more dangerous to society. Men who have the capacity to think and who are honest in their thinking agree even in 1925 that it is far

better for the American youth to engage in athletic pastimes than to emulate the French, Spanish or Mexicans in their quest for excitement and adventure.

At the present rate of building, in another twenty-five years the educational institutions of this country should be well equipped with play fields and buildings erected for athletic games. It will be realized then that these structures built from voluntary contributions of ticket purchasers will be the laboratories in which character is tested and developed. When that time comes physical education will be required of all undergraduate students and no longer will athletic directors be criticized because they are administering only to a few. Some college presidents have already realized that the physical education departments stand ready to provide physical training for all who will avail themselves of the opportunities offered, but that the difficulty lies in the fact that the students who need athletic training the most are the ones who will not place themselves in the hands of the instructors. When the buildings are completed it will no longer be necessary for the athletic directors to concern themselves with the problem of raising the money for financing the athletic and physical education department and the excess profits of the season will undoubtedly be used for the construction of other college buildings and for carrying on the general college work. In fact, today in many institutions the university treasurer collects the athletic funds and pays the bills from these monies. If there is a deficit the university pays the difference and if there is a profit the university uses the balance for the general maintenance fund.

In the last twenty-five years the alumni and others have come to appreciate the fact that a contest is unsatisfactory if all the contestants do not compete according to the same rules. Consequently all are agreed that every athlete should play the game according to the rules. No one in this day and age would excuse a player for cheating in a contest any more than he would forgive an opponent who cheated in a game of cards. The alumni today, however, do not believe so universally that it is necessary for all institutions to play the game according to the same eligibility rules. Consequently alumni and others frequently attempt to gain an advantage by violating eligibility standards. This is more often shown in the matter of hiring athletes. As we come to realize that it is necessary for all to compete according to all of the rules of the game in the interest of good sportsmanship we will have an even higher standard than the one that now endures. It is not too much to expect that in another twenty-five years this result will have been achieved.

Athletics and Americanism

THE editor of the Waukegan, Illinois, News suggests that "In any boyish sport, there is revealed the fundamentals of character-building and there is taught that rare bit of knowledge—how to make a place for yourself among your fellows." He further suggests that the boyhood games are democratic. He might have gone further and suggested

that there is a direct correlation between the games of youth and our civilization. The Americanism Commission of the American Legion will suggest to the delegates at the national convention which meets in Omaha, October 5th, 6th, 7th and 8th, that next year the Legion encourage the promotion of amateur athletics for boys under seventeen years of age as a means of teaching Americanism. The Legion realizes that valuable training may be given the youth of the country in their games and sports. It is hard for us here in America to realize the tremendous value of play activities because they are accepted without comment. However, the youth of other lands are not athletically inclined and are not taught to play games in childhood. Now and then one meets a man who as a boy never played and this man reflects in his character and actions the lack of the training which he did not receive and which the majority of his fellows were given:

"DEMOCRACY OF YOUTH"

"You don't have to go to high school or to college to learn how to play football. One of the most thoroughly thumbed rule books we ever saw was trotted out every few seconds the other day while we watched a bunch of grade school youngsters tumbling about on a vacant lot.

"The arguments were fierce, and the line bucks were fiercer. These little fellows put their whole souls into the game. Some pretty good material in that outfit, too. But sure enough, after every play, the argument started, and we fear the game wasn't concluded without some private fights.

"A few more years of football, youngsters, and you will learn teamwork and discipline. Many lessons of courage and temper-keeping are in store for you. In any boyish sport, there is revealed the fundamentals of character-building and there is taught that rare bit of knowledge—how to make a place for yourself among your fellows.

"On the sideline of this terrific football game of which we were speaking stood another boy. He was loaded down with equipment. He had a head-guard, a nose-guard, a shin-guard, and regular football pants—besides cleated shoes.

"'Why aren't you playing?' we asked him.

"'I'm not good enough,' was his response.

"The boys in the game were equipped with no such paraphernalia as he had. Most of them were engaged in wearing out their ordinary school clothes. Boyhood's democracy you see, is a real one. It is there that worth, not wealth, decides one's standing in the game."

On the back lots, on the pastures in the small towns, on the city and school playgrounds youngsters are learning to be social beings. They are learning to battle their own way, to respect the rights of others and to appreciate fundamental values.

Too many people think of athletics as of value only from the physical standpoint. It is encouraging to find more and more people realizing the tremendous value of the right kind of athletics when used as a medium for teaching young men how to play together, live together and work together.

A Uniform Set of Rules

IF SCHOOL and college athletics are to develop uniformly in this country, there must be uniform playing rules. The National Collegiate Athletic Association and the National Federation of State High School Athletic Associations are the two governing bodies for school and college athletics in the nation. The N. C. A. A. appoints rules committees each year to draw up playing rules for the colleges of America. So far the High School Federation has not had representation on these rules committees, although all of the committees welcome suggestions from the high school men. Possibly one reason why the high school organization has not been represented is that the National Federation is comparatively young. There is no reason why the fifteen thousand high schools of the country should not have representation, however, and undoubtedly in the future this will be brought about.

The point of this editorial, however, is this. We now have the machinery for making the rules for the different school and college sports. For the most part the committees are made up of representative men from different sections of the country. As an illustration of how the committees quite generally work, the method of procedure followed by the track and field rules committee may be mentioned. Each year after the track season is ended the rules committee sends a memorandum to the track coaches of the N. C. A. A., to high school track coaches and others, requesting suggestions for changes in the track rules for the next year. After the suggestions are received the rules committee meets and attempts to incorporate the best suggestions into a draft of the new rules. After the meeting, the proposed changes are again sent to the track coaches for criticism and correction. Then the rules are edited and sent to the American Sports Publishing Company for publication. While it may be suggested that some of the other rules committees do not invite assistance the same as the track rules committee does, yet the writer is satisfied that suggestions from any coach to any member of the different rules committees will be given consideration. However, frequently officials and coaches in different sections of the country each year make interpretations of the rules, which are tantamount to a change in some of the fundamental principles. This is a mistake. If the coaches or officials feel that the rules are in error they should abide by them and then attempt to have the rules corrected before the next year. It has recently been reported that the Eastern Basketball League has changed the scoring system for this coming season. If all of the sectional groups throughout the United States elect to change the football, basketball and track rules each year we will have a conglomeration of playing rules that will result in confusion and trouble in the various sports. Of course no set of rules can completely cover every point. Consequently meetings of officials are advisable. When these groups meet, however, it is a mistake if they attempt to change the rules.

Too Much Athletics?

By *W. R. Fieseler, M. D.*

Medical Supervisor, Dept. of Athletics,
University of Iowa

WE often see articles in magazines and other publications decrying the fact that athletics are being carried too far for the physical good of the boys competing in the various sports. Newspapers often carry stories of men who have died suddenly, emphasizing the fact that these men were former athletes. Just recently a weekly magazine with a very large circulation published an article which stated, among other things, that former athletes "are moving on to their sudden ends inevitably," that "man after man has seen athletic young fellows cut down in no time when pneumonia or some other disease that makes great demands on the heart hits them," and "note the numerous athletes who contract tuberculosis."

These general statements, most of which are written by laymen, tend to convey a false impression, because they do not always give all the facts relative to the causative factors that have resulted in the sudden deaths. They merely state that the man has been an athlete, allowing the reading public to form conclusions based on incomplete information, the conclusion being that athletics has been the chief causative factor, when it is seldom the truth. The average person will finish reading such an article and immediately be convinced that the man has died of an "athletic heart" because at some time or other he has heard or read that athletics cause such a condition. But how many people know what an athletic heart is or how frequently it occurs?

Whenever such a condition occurs, and it is rare, it is usually the result of too hard a load being forced upon a heart not sufficiently strong to carry the unnatural and unexpected load. There is no excuse for such a condition occurring when the person is healthy and has been properly prepared to carry on strenuous exercise, providing he uses good judgment in living after he is through with competitive athletics. But the layman overlooks the fact that the heart may have been damaged by toxins formed in the body during an illness or that bacteria may have caused changes in the heart so that the organ is entirely different from the heart which served the man during his athletic days.

It is admitted that there is some danger coincident to athletics, but

An article by Blythe which appeared recently in the Saturday Evening Post and another by Nathan in the Liberty magazine have raised the question again as to whether or not men who exercise strenuously thereby shorten their lives. Some of our leading physical educators who have medical degrees have studied this question for a great many years. Dr. W. R. Fieseler of the University of Iowa, Dr. Paul Phillips, Health Supervisor and Director of Physical Education at Amherst College, in this article present some facts that are pertinent to this discussion.

that is true in all forms of activity. The greatest dangers in my opinion result either from allowing boys to compete in athletics who should not, because of hearts which have been weakened by disease, or from too strenuous exercise taken spasmodically by former athletes at a time when they are living semi-sedentary lives. The former danger can be lessened to a great extent by proper medical examination and supervision, the latter by using good judgment in determining the amount of exercise taken.

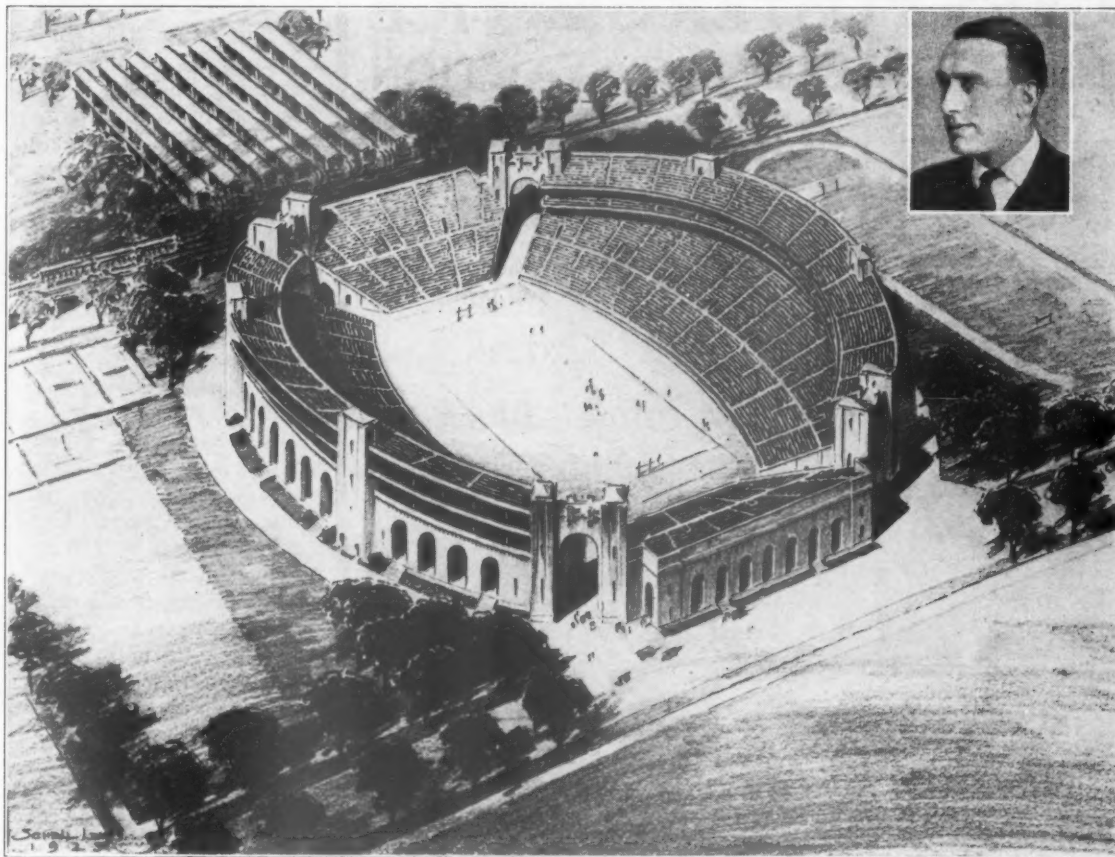
Some former athletes will die when attacked by pneumonia and some will contract tuberculosis, but this happens to others also who have never been athletes. It must be remembered that all cases of pneumonia as well as other diseases are not caused by bacteria, which have the same degree of virulence, and that healthy, robust young men as well as the weak ones may contract pneumonia. Statistics show, however, that there are few fatalities in healthy, robust, young adults; that death from pneumonia is usually due to the effect of the toxins on the nerve centers, controlling the circulation, rather than on the heart itself. During the recent flu epidemic, it will be remembered that when persons were attacked by the virulent types of the organisms causing the disease, that both the weak and the strong succumbed. The mortality was not due to the amount of exercise the victims had had, but seemed to be due to a lack of resistance to combat the toxins produced by the disease. Statistics also show that the tuberculosis sanitariums are not full of former

athletes, as some would lead us to believe.

In 1922 questionnaires were mailed to former athletes of the University of Iowa, who had competed as far back as 1897. Four hundred and six were returned answered and eleven were returned marked "deceased." Twenty men or four and nine-tenths per cent received injuries in athletics which had a lasting effect. Fourteen men or three and four-tenths per cent have been rejected for life insurance and only one of these was rejected for any reason attributable to athletics. Three hundred and fifty-one were examined for military service and only one was rejected because of defects due to athletics. It was gratifying to note that one hundred and thirteen men, although there was no question implying such an answer, wrote that the success they had attained in life was due in a great extent to the lessons they had learned while in athletics.

The fact that the value of physical education is recognized more and more each year need not be discussed here, as that is proven by the growing number of large gymnasiums in connection with public schools and the passing of laws compelling the teaching of physical training in schools. The main value will come not alone from the building up of the bodies of the youth of the nation, but from the lessons of cleanliness and health which are coincident with athletics. Along with this will come the knowledge and realization that each person should know himself and should play fairly with himself as far as his health is concerned.

A person will take his car to a garage each spring, if not oftener, for a general overhauling. He does not always do this because of anything wrong with it, so far as he knows, but because he wants to make sure that it is in good running order for another season, and that he may have fair assurance that it will stand up should he decide to go some place. But how many men take themselves to a doctor to be "checked up" unless they have definite symptoms which have caused distress or inconvenience? Many times conditions may be detected before symptoms occur and corrective measures instituted before too much damage has been done. Periodic health examinations, together with the application of common sense and the doctor's advice in regard to exercise, diet and other things will result in much benefit.

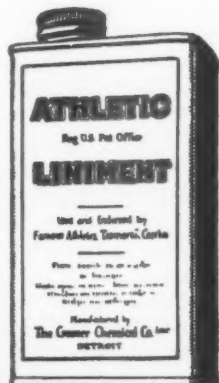


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Dr. Paul Phillips

Medical Supervisor and Director of Physical Education, Amherst College

The story "Too Much Exercise" by Samuel G. Blythe in the Saturday Evening Post for July 4th is intended ostensibly as a much-needed warning. It may result however, in great injury to the physique of American men and women; an injury commensurate with the eminence of the author and the circulation of the periodical. Were there no such danger, the writer of this letter would not have violated a vacation spent largely in golf playing.

The evident reason for the story was the advocacy of Lawn Bowls, a movement with which we are in hearty sympathy. It was quite unnecessary, however, in making out his case for the author to criticize so uncritically golf as well as the other mild sports and exercises adapted to middle aged or elderly men. Granted that a few from excess of enthusiasm and lack of poise overdo golf; for every such an one there are hundreds who receive great benefits, physical and otherwise which they would not get in any other way. Such benefits should not be denied them.

The American people as a whole need more and not less outdoor sports; sport of the type of golf. While we have improved greatly in this respect during the last few years—perhaps there has been too great a swing of the pendulum in some groups—we are still far behind our English cousins in a general participation in sport. This valuable tendency toward wholesome exercise Mr. Blythe, by a stroke of his facile pen, tends to retard. He may deter many, even the intelligent, from playing golf and other such sports and reaping the benefits, if they fail to discriminate between the truths and the half-truths of his clever story.

Golf is the logical sport for people in middle life if they enjoy it—and the majority do. It is valuable because the demand on the body is so well distributed and the other physical and mental conditions are so attractive and hygienic. It has been the salvation physically of thousands; an anchor to windward when the stresses of middle life bore heavily. To change the figure, it has been a sweet morsel rather than a bitter pill for health's sake. Golf has moreover the advantage of being equally fascinating to the young. This greatly increases its value since a most important part of physical education is to teach youth games that it can play throughout life, when youth is no more and football and tennis are no longer physically advisable. Mr. Blythe, unintention-

ally of course, retards constructive education in play and snatches the boon of golf from those who need it most, the middle-aged.

For mild and even moderate cases of heart trouble, golf is a good prescription, taken in moderation. The danger for such cases is *not* to walk or play golf—and we all know that “walking for health” is deadly! Golf distributes the foot pounds of physical work done—and it is the excess of foot pounds per minute that hurts the heart—so that at no time is too great a strain put upon the pump. It is never embarrassed yet it does a sufficient amount of work to keep up its tone. As this heart of ours is a muscle if a hollow one, it must keep up its tone to maintain an efficient circulation. Great harm may result from letting the heart muscle get flabby. An understanding of this is at the foundation of the mountain-climbing treatment for heart cases in Switzerland and Germany. Mr. Blythe's pen may frighten many such cases from a salutary remedy.

His most dangerous doctrine, perhaps, is set forth under the caption “Taking your heart into partnership”. He is correct in the statement that the heart although a small organ does an enormous amount of work, in the course of a day, automatically and uncompainingly. The moment, however, that we “take it into partnership”, focus our attention on it, it commences to cut up didoes. The beat becomes faster and irregular; in many cases there is a fluttering and the psychology for nervous types is decidedly bad. If this is true of the healthy heart, the result is far worse in case of disease. The late Francis Delafield of New York, one of the ablest physicians of his day, used to say that sometimes one of his heart patients, from whom he had concealed his ailment would fall into the hands of an inexperienced physician. The doctor would straightway exclaim: “Why, don't you know you have heart disease?” Immediately the unhappy patient would develop more serious symptoms and pass away within a twelve-month literally “scared to death”, when he was entitled to ten years or more of moderately good health.

In dealing with such a patient, it takes a great deal of tact to keep him from injurious exercise and yet not frighten him with a diagnosis but it can and should be done. It is a by-word with a large element of truth that “The Hygiene bug is the worst of all”. If this bug does not actually shorten life, as in the case of the heart cases, it does take all the joy out of

(Continued on page 46)



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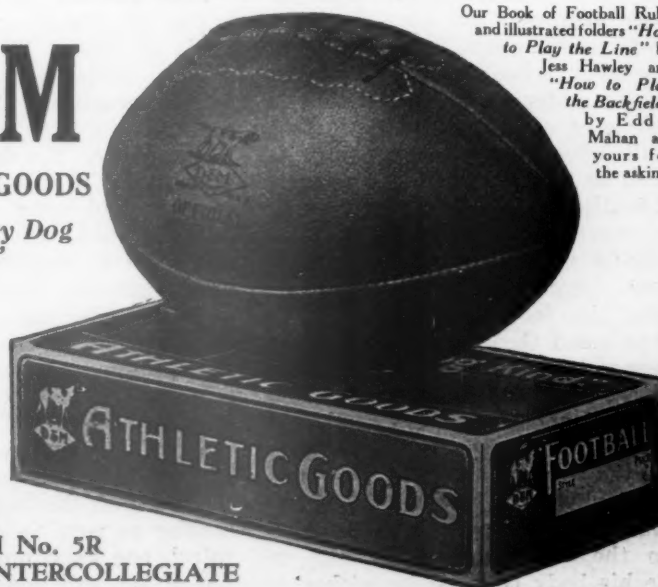
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The Fundamentals of Football Position Play

*Football Colleges Have Different Types of Players.
Some of the Fundamental Qualifications for Playing the
Different Positions Are Herein Discussed*

By John L. Griffith

WHEN a coach selects the men for a football team he should understand very definitely just what the men who occupy the different positions will be expected to do. Each position on the team calls for a certain type of player. A Western Conference team some years ago went through the season with a certain man at end. The next year this man was shifted to fullback with the result that the team play improved materially. While, of course, other factors entered into the team improvement, yet the writer believes that the coach made a good team out of a fair one by changing his man into the back-field. Years ago Jack Hollister, coach of Beloit College, shifted Ed Merrill, who by the way, was one of the greatest athletes ever developed in the west, from fullback to guard with splendid results. Merrill weighed nearly two hundred pounds and could run a hundred yards in ten seconds. From the guard position he led the interference and his team gained many yards thereby.

There are two ideas of selecting a team. In the larger universities where material is abundant, a coach can map out his plans for the season and decide more or less definitely on the style of the game he wishes to play. This means then, that he chooses men who can play the positions in accordance with his ideas. In the smaller schools the coach must study his material and then decide on the style of offense and defense that he will follow for the year, using his men so as to make the most of their qualifications.

In general, all football men to be successful must have certain qualifications beyond the physical. Of course, the football player must be able to stand the knocks, he must be possessed of endurance and he must have a rugged physique. Some men who do not appear robust nevertheless are tough and sinewy and are able to stand the wear and tear of the game. A good physique, however, is of little value if the player is not able to learn the technique of playing, to make his body do what he wishes to

do, to understand strategy and system, to concentrate his attention on the game, to control his emotions, to rise to the occasion and to keep on going when tired or punished.

Center

The first qualification of the center is that he be able to pass the ball accurately and in such a manner that the different backs can handle it without fumbling. When a team seldom fumbles, the backs are given the credit although very often the center is chiefly responsible for the safe playing of the ball. If a coach can not find a center who can be trusted to pass the ball properly throughout the game, he should adopt a system of play in which difficult passes from the center are eliminated. When a center makes a bad pass, for instance, on a punt, and the opponents recover the ball, disaster often overtakes the team that committed the error. There is nothing more discouraging to the team than to have a kick blocked and recovered by the opponents, unless it be a wild pass from center which the offensive backs cannot retrieve. It will pay a coach to have the center candidates spend hours throughout the fall season in practising passing the ball.

Some coaches instruct their centers in the art of making several different kinds of passes. There is the direct pass to the quarter back in which the ball is practically handed from the one to the other; there is the spiral to the punter, the floated pass, which goes direct to the half back for an end run, and many others that might be mentioned. No two backs, however, like to receive the ball in the same manner. Consequently, it is a good thing for the center to learn to pass the ball so that it will come to the backs in the way that it is easiest for them to handle. This places a considerable burden upon the center, especially if the coach changes backs frequently. The center should grasp the ball with the thumbs on the lacing insofar as possible. In throwing the spiral, one hand must be well at the top of the ball and the other on the

bottom. The center should learn to grasp the ball in such a way as to give the defense an indication neither as to the kind of a pass which he is about to make nor when he is going to pass. A center on a Western team one year observed that frequently his opponent tightened his fingers perceptibly on the ball just before he put the ball in motion. As a result, this center on defense frequently out-charged his opponent.

Coaches usually prefer men for center on defense who can be trusted to use their judgment whether to stay in the line, play open center, or go into the back field to assist the secondary on defense for the forward pass when the opponents use an open formation.

Guard

The guard position today is considered more important by the coaches than formerly. Although the idea of running from position in the interference is not new (in fact this play was used at Yale thirty-five years ago), yet it has never been universally adopted until recently. If a coach intends to use guards in his interference, that means that he must use men in this position who are shifty enough to get out of the line fast and who are capable of doing effective blocking once they get out. Some coaches who use the shifts arrange to have the fastest line man shift into the position from which he can render the most service in the interference. If it is possible, however, to pick men who can fill the guard position without assistance it is well to choose men who can run interference, who can block effectively in opening holes for line drives and who are sturdy enough to drive their opponents back when on the defensive. It is assumed that the coach is using the cup defense or some modification of it and that he believes in having his defensive line men carry the fight into the opponent's territory rather than in the idea of a waiting defense. While many coaches will disagree with this idea, yet the writer is thoroughly convinced that the aggressive

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defense that drives the opposition backward is far superior to the defense system that keeps the men waiting on the line until the opponents hit them.

Tackle

The tackle is usually considered the most important member of the rush line because so many of the plays are sent at or off the tackle when he is on defense and further most systems of offense feature the slant off tackle as a means of attack. The tackle is usually expected to break the interference and if he does do this, he must be firm enough on his feet and strong enough in his arms to keep the opposing end and back from either cutting him down or pushing him back. The ideal tackle is one who is big, fast and aggressive. Once it was the custom for tackles to dive under all mass plays. Today tackles are taught to stay on their feet and to fight the opposition with their arms if they can do it without being pushed back. If a coach has a tackle who cannot play the defense this way it may be a good thing for him to teach his man that the next best thing is to go under the interference. In other words, it does not pay to try to make every man play according to set ideas of the manner in which the position should be played.

Tackles should be capable of blocking effectively in the offensive line. This means that they should be able to charge fast and to use their bodies and legs in blocking. Since line men cannot hold with their hands on offense they must learn to hold with their bodies and legs. This is called "body-checking" and no man can "body-check" effectively who is awkward or stiff in his movements.

End

The first considerations to be observed in choosing men for the end positions are these: (1) ability to block opposing tackles; (2) ability to get down the field on kicks; (3) ability to turn the opposition plays in onto the tackle or guard; (4) ability to catch forward passes, and (5) ability to block the secondary. The end who fills these qualifications therefore must be big enough to block heavy line men, shifty enough to cut down secondary defensive men, fast in getting down the field, hard to get off his feet when on defense and skillful enough to catch thrown balls. If a coach has to sacrifice some of these qualities, he will have to decide whether he can best afford to weaken his offense or his defense. The ends are required to do more running than the guards, for instance, but they do not receive the same kind of battering

as the latter. Very often a big basketball man makes a good end not only because the chances are that he can handle passes well but because basketball develops stamina and the ends are frequently required to execute a running play of some sort or another when they have just run thirty yards down the field under a punt or have possibly served as decoy in some forward pass play.

Quarterback

There are so many different ideas of attack in vogue at the present, all of which require different types of quarter-backs, that it is difficult to suggest the type of man needed for the quarter-back position. The writer prefers first of all a man who is a leader and who can command the respect of his team mates. A football team is or should be a composite unit. Every unit in football should have a leader. It is a beautiful theory of democracy that all men are not only created equal but remain equal and that they should all be leaders. This theory will not work in war or football because it is not possible in these plays for the men to hold a caucus and decide about making every movement whatsoever. If the quarter-back is a leader, he should know more football than the others and should be absolutely fearless and unselfish himself, otherwise the men will not respect his leadership. The defensive quarter-back usually plays back and this means that he will be expected to return punts. When a coach has a quarter-back that cannot be trusted to catch punts and consequently instructs him to let the ball roll, he is seriously handicapped. It is no easy thing for a man to catch punted balls with two ends and several line men charging down on him because he realizes that if he fumbles the punt the opponents have a good opportunity of recovering the ball and running for a touch-down. Of course, another back usually goes down the field with the quarter on defense, but even then that coach is indeed fortunate who can get a quarter-back who upon catching punts on the run is smart enough to zigzag up the middle of the field.

There is no physical standard for quarter-backs. Most of them have been comparatively small men. This is partly because in the old days the best quarter-backs always crouched behind the center on offense and then possibly it is the general opinion that big men are more phlegmatic than little men. A quarter-back should be a driver, and he should not be afraid to work his men hard when touch-downs are needed or in the offing. Further, a quarter-back should never be a politic-

ian. Very often a team will be headed for a touch-down and a certain play will have been proven effective. The quarter-back will use the play and make a good gain and then so as not to play favorites or because he is afraid of tiring the man who carried the ball in the preceding play he will use other plays that have not been working. It is good football when going for a touch-down to keep using a play as long as it will work and not give the opponents a chance to stall or to pull themselves together in the face of the attack.

By way of summary, a quarter-back should be somewhat hard-boiled; he should be bubbling over with loyalty and enthusiasm; he should be the kind of a man who believes that it is absolutely essential for him to win the ball game; he should understand the peculiarities of his team mates knowing which men will respond best when driven and which ones will play better when given a word of encouragement. Very few football teams win championships without good quarter-backs.

Fullback

In these days of shifts the full-back is often called the number two back and is shifted so that he can lead the interference, buck the line, run, pass or kick. Consequently all of these qualities are desirable in a full-back. The ideal full-back is a man who can run interference efficiently and back up the line of defense. A good defensive line is one that is seldom, if ever, driven back even though the men on the line make few tackles inside of the ends. The full-back is the man who stops the line bucks. A good full-back will sometimes make a mediocre line look good while a poor full-back can make a splendid line look bad. The full-back on defense should be a man who is not too nervous or excitable. If he is too high strung he will be drawn out of position on split or delayed bucks and thus will not be able to tackle the runner coming through the line. At the same time he must have a quick enough reaction time to enable him to get to the point of attack after the ball is actually passed. Most full-backs on defense make the mistake of tackling the opponent with the ball after he has come through the line. A full-back should see the line opening up and the ball carrier starting for the hole and then should meet him in the hole. Many forward passes are aimed at the full-back's territory on defense. Consequently decoys are sent down to draw the full-back out of position and to enable the offense to execute a short pass over the center of the line.

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one man who can pass, kick or run with the ball from a punt formation, he is lucky. If he cannot, then these duties must be divided up among the other backs. A half-back should be chosen for his ability to advance the ball and to help the other backs make yardage. It is easier to carry the ball behind good interference than to make good interference for somebody else. Therefore, ability to block must be a prime requisite of a candidate for half-back position. Half-backs should be men who can run fifteen yards in fast time. The game has produced some great half-backs who were fast for fifteen or twenty yards but who would never make creditable records over the hundred yard distance. Most coaches today prefer the type of back who can shift, cut back, change pace, dodge and stiff arm effectively. However, a man who can run with tremendous force and power at a given spot and repel tacklers by his speed and strength, other things being equal, should make a place on the team.

On defense the half-backs should play back far enough to cover the forward pass territory and should figure that the line reinforced by the full-back will stop most of the bucks and runs. As a last resort the half-backs will need to reinforce the eight men in front of them. Half-backs on defense should stand in a relaxed position and calmly watch the development of the play. Invariably when a half-back is tense on defense he is easily fooled on forward passes and tricks. A half-back on defense should not go to sleep on the job but there is more danger that he will err because of the intensity of his effort rather than because he is not alive to the situation.

Field Covers

By Eugene Gunning

University of West Virginia

Football fans attending the annual Thanksgiving Day classic between the Washington and Jefferson College and West Virginia University elevens in the new Mountaineer Stadium at Morgantown, W. Va., last fall were surprised to find the field of combat in perfect playing condition. Rains early in the week and showers on the morning of the game kept several thousand away from the big concrete "horseshoe" and those who did turn out went to the stadium expecting to see the battle fought in a quagmire.

Contrary to expectation, they saw coaches and officials inspecting a field that was practically dry. The President and Mountaineer squads raced out on the turf and instead of slipping and sliding as some "stay-at-

homes" had predicted, the nervous warriors dug their cleats in firm soil and telegraphers flashed the news that the "field is fast and sure footing assured."

Credit for the unlooked for situation goes to Harry A. Stansbury, director of athletics at West Virginia, who had the foresight to protect the playing field of the Mountaineer Stadium. Long before the season opened, Director Stansbury decided that if it were humanly possible, none of West Virginia's home games would be played on a muddy field. Knowing that for years major league baseball diamonds have been covered with canvas to guard against rains, he reasoned that it would be a good idea to take the same precautions to protect a gridiron.

It did not take the West Virginia director long to learn that the price of new canvas was prohibitive, but he continued negotiating with firms in all sections of the country and finally bought an old tent from a Chicago company at a figure regarded as reasonable.

The tent was cut into fourteen sections, each measuring fifty by eighty feet. The sections were allowed to lap about two feet on the edges and this with the natural slope of the gridiron "crown" provided perfect drainage. When the weather was cold a six-inch thickness of straw was placed under the canvas covering—thus affording a "blanket" that guaranteed perfect protection. In an hour a force of six men could either put the covering in place or roll it back for play. Early arrivals at the Thanksgiving Day game saw what an easy matter it was to "throw off the covers" of the Mountaineer field. West Virginia used the canvas throughout the whole of the 1924 season as a protective measure and has the sections in storage for service this fall.

"A heavy downpour during the game is the only way Jupiter Pluvius can force the Mountaineers to play in the mud" writes one prominent newspaperman. Other sporting editors have praised West Virginia officials for introducing the "rain sheets" and declare that spectators as well as players are benefitted. Such a progressive move is sure to be followed by other schools after the success of the experiment at West Virginia, which, incidentally is always doing something to improve conditions.

Editor's Note.—The JOURNAL will be glad to advise coaches as to where field covers may be obtained if such information is desired.

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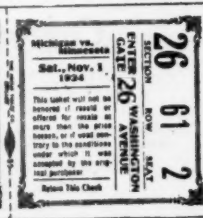
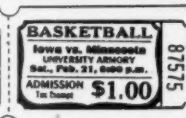
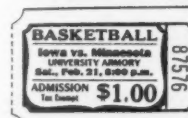
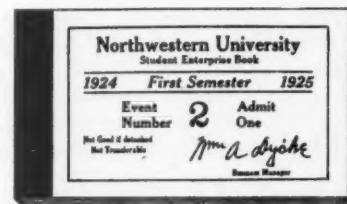
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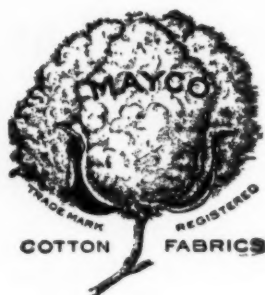
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Officiating Suggestions

Good Football Officiating Today Is Recognized as of Prime Importance

Oswald Tower—Officiating

SPORTSMANSHIP meets its strongest challenge and supreme test in the relations between officials of football and basketball games and the coaches and players involved in those games. It is well enough for the professional baseball umpire to declare: "There ain't no close plays in baseball; a player is either out or safe!" There is ample proof, to be sure, of the fallacy of this statement in the frequent clashes among umpires, players and spectators, but it suggests an important distinction between baseball and these other games. The basketball and football official must constantly make decisions which involve penalties for violation of the rules of the game. He is arresting a law-breaker and by this act he indicts the ethics, the honor, or the sportsmanship of his captive. The victim may have broken the rules through ignorance, then his coach is a poor teacher and the player a stupid pupil. His act may have been unintentional, then he is clumsy, inadequately trained, careless. He may be just plain "dirty," in which case there is something fundamentally wrong with him and perhaps with his coach. In any event, many decisions falling to the lot of the football and basketball official ipso facto challenge the training and honor of player and coach. The three parties involved undertake each game with the full knowledge that before long a foul will be called and a penalty inflicted—a process which may imply ignorance, carelessness, or muckerism on the part of player and coach. In view of this, it is not strange that clashes occur now and then; on the contrary, we should marvel that clashes are not so infrequent.

No better training in self-control can be devised than the one inflicted on the coach as he sits on the sidelines through game after game. He often sees his pupils fail on lessons which he has drilled most thoroughly; he sometimes sees a blundering official nullify the efforts of his players. Each of his players is his property—"my little forward," or "my big guard"—his property in the sense that the player, in every act of the contest, is the object of his personal regard and intense sympathy. Hence,

he often sees, and more often imagines, sometimes with reason and sometimes without, unfair advantage taken of his players unnoticed or ignored by the officials, while he writhes in his seat in silence. To the honor of the coach as a class, be it said that he has trained himself to take his medicine, bitter or sweet, and to conduct himself as a gentleman, whether victor or vanquished.

Players who have been properly trained in the rudiments of sportsmanship rarely forget their "manners" in the game. They may forget their plays temporarily and fail in their assignments, but they instinctively reflect their teaching in their conduct toward officials and opponents. When a player begins to ride an official, when officiating a game instead of playing it becomes his primary object, he starts his team along the road to defeat. Not only is such action on the part of a player inexcusable, it is futile in its influence on decisions and demoralizing in its effect upon his playing.

It is safe to state that the officials who are handling most of the school and college games today are amateurs in the best sense of that elastic and abused term. They are men who, having felt the thrill of athletic competition, still yearn not merely to see, but to be a part of contests of skill, speed and strength. They are successful, professional or business men to whom the fee for services rendered in officiating is secondary, and merely in the nature of compensation for time lost from their regular pursuits. As their impulse as players was to give all to the cause of their team, so their impulse as officials is wholehearted and honest. This the writer believes is true of our average official. To be sure, we have other types—those to whom the dollar is of primary importance; those who attempt to occupy the center of the stage in the vain belief that their officiating should be the real attraction for the spectators; and those who go to the other extreme by fading from the picture and letting the players run the game.

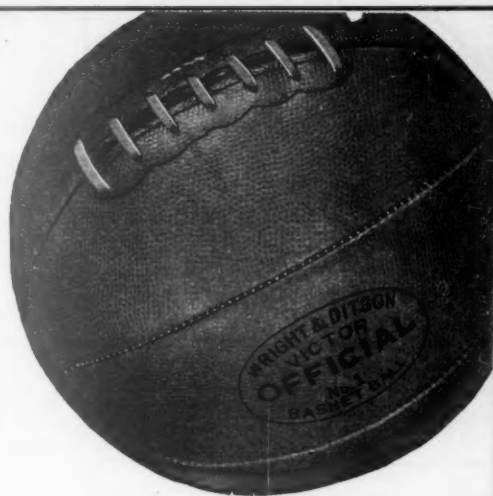
With this brief analysis of the situation let us consider the factors that are leading officials, coaches and players to a plane of mutual understand-

ing. One important factor is the trend toward permanency in the coach's job. Having proved his worth, having shown knowledge of his game, personality of the inspiring type, and wholesome influence upon his charges the coach may expect the term of his employment to be contingent upon considerations other than consecutive victories. He has the respect and backing of his superior officers during his "lean" seasons as well as when winning championships; in short, he is not required to return a winner in every start nor must he furnish an alibi for every defeat. Consequently, the coach is less reluctant to admit that his team has been outplayed and the need of making an official the goat upon whom to pin each defeat has become less urgent.

Among the officials, numerous developments have aided their cause, the most noteworthy of which has been the formation of basket-ball and football officials' associations. By wisely restricting their memberships, they have improved the personnel of the groups of officials and have followed this by teaching thoroughly the letter, interpretation, and spirit of the rules of the games. Moreover, they have stressed the technique of officiating by training their members in correct methods of officiating. Inevitably, this process has lifted officiating to a higher plane of intelligence and ability.

To improve further these conditions and to approach the ideal in the situation, the greatest need at present is a spirit of confidence among officials, coaches and players. This spirit has been, and will continue to be developed by proceeding along the lines already described, but it is essential to emphasize confidence as the keynote to the problem and to summarize methods of obtaining it. The coach's attitude in this respect is of primary importance. If, after having considered and investigated thoroughly the qualifications of prospective officials, the coach is willing to employ them for one game or for a series of games, that coach has a duty toward his officials. That duty is to place the officiating of the game or games entirely in their hands and to inspire in his players a feeling of confidence in these men. Errors, or seeming errors, on the part of the officials must be ignored, during a given game at least. The players being in the proper frame of mind in this respect, will devote their thoughts to playing the game, a decision in which they do not concur will receive only passing thought instead of assuming mountainous proportions to the decided detriment of their own play. If an official through

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a series of games proves himself unworthy of this confidence, the coach may well admit his error in selecting the official, strike the name from his approved list, and add it to his black-list reserved for "homers," one-team officials, etc. Rare indeed is the official whose name does not appear on some coach's black-list.

And what is the official's part in this confidence business? Having given the coach reason for confidence in his qualifications, he will do his utmost to retain that confidence. Thorough knowledge of the rules and their interpretation, business-like methods of conducting his games and absolute impartiality in his decisions all contribute. Experienced officials are automatically and instinctively impartial—two teams on the field of combat are merely A and B with no personal element of any nature influencing their decisions. If their sympathies for any reason lie with one team or the other, their feelings are submerged instinctively in the heat of the contest and their eye is single to the purpose of correct rulings.

In the opinion of the writer this spirit of mutual confidence is the keynote to success in the officiating of our athletic contests and all the elements mentioned in the foregoing have their bearing upon it. In view of the importance of good officiating in our game, is not this spirit worth fostering?

Tony Haines—Umpiring

In my sixteen years officiating in the Big Ten, I have formed some opinions regarding the duties of an umpire. We cannot reach our ideals, but it is a good thing, at least, to have some ideals toward which to strive.

Position of the Umpire

One of the most important things for an umpire is to be in position. Too many umpires stand still on wide end runs and are not in a position to follow the interference, thus failing to detect holding, whereby the play for the offense is made simple. I have been asked many times if I call holding when it has no bearing on the play. I always say "Yes," because one cannot tell but that it might have some bearing not evident when the play started. It is impossible for the umpire to cover everything and if he follows the play he may miss something behind him. However, it is well to cover the play of the most consequence. It is, moreover, just as important that the umpire in taking his position keep out of the way of the play and not make interference for the offense or make the twelfth man on the defense. With the short pass-

ing game, it is not an easy matter at all times to see all one is supposed to and not interfere. Further, the safety man must be able to see the ball, so of course the umpire should not stand between him and the ball.

Players Should Be Handled Firmly

Many otherwise good officials err in handling players. The umpire should not lose his temper and should not handle players as if they were a gang of lumberjacks. He must remember how keyed up the players are and that he must be more mature and calm than they. Still there must be no misunderstanding as to who is running the game. He must make the players believe that he is their friend but only a non-partisan friend and not on their side of the quarrel.

Decisions Should Be Given Firmly

The umpire should give his decisions firmly not crossly. He should remember that he is giving an order and not asking a question. He should inform the captains that he is merely *calling* the fouls not *making* them and advise the captains that they should not talk to him but to the player who made the foul.

Knowledge of Rules Necessary

It is as necessary for the umpire as for the referee, to know the rules thoroughly. In fact, it is helpful to the referee if he has confidence in his umpire's knowledge of the rules so that he may confer with him if necessary. If the referee makes a mistake on a rule, the umpire should feel he is equally to blame for the error. On a question of judgment, however, the umpire should not give his opinion to another official unless asked for it, but when asked for it, he should not try to side step, but give it the way he saw it.

Cooperation of Officials Necessary

The umpire should remember that the referee has charge of the game; he should have the referee tell him where he should be when near the goal; where he could be on punts; whether or not he himself should give the penalties on the fouls he calls. There is nothing more satisfactory than for officials to know how the other officials work. A perfect understanding of officials makes for a well officiated game. Many times a nod of approval or disapproval will be of value to the referee.

In summary:

1. Be in the right position.
2. Handle the players firmly, but treat them like gentlemen until they prove themselves otherwise.
3. Know the rules.
4. Give your decisions quickly.
5. Work with the other officials.

Frank Birch Refereeing

The question "where will we get our referees after the present set have passed on to their yesterdays" is frequently asked and is of no small concern to both coach and spectator. The answer is simple, *they must be trained*. I believe the referees have no small responsibility in maintaining the high standard of play that now rules our games and I believe better officials mean better games. I would like to pass on to the new men now under development my observations covering some twenty years of officiating, with a few suggestions, which I trust will be helpful to them and an asset to the sport.

During these years I have seen many men work as referees for a time and then not be called upon any more; then again I have seen men start and continue to work. What did some of these men lack that did not meet up with the requirements of an official? Personalities, I believe, would be the best answer, for it is the personalities of the men that make or break them as officials.

KNOWLEDGE OF FOOTBALL NECESSARY

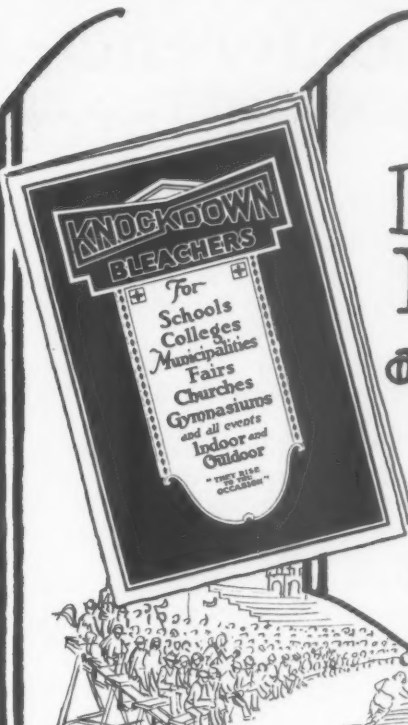
It is needless to say that to be a competent referee, absolute knowledge of the rules is essential; one must know them, figuratively speaking, frontwards and backwards; one must know each of the other officials' duties, jurisdiction and penalties.

JUDGMENT

Judgment, which comes largely from experience, is one of the most important factors in the success of an official. The old officials have learned to exercise good judgment by passing through experiences, by learning to emphasize the important things and not to take too seriously the unimportant. The young official, however, can make preparation by studying the game and the rules, by discussions, by thinking of hypothetical plays and trying to find the answer for questions that may arise regarding them. Needless to say the man who knows football will have better judgment regarding the conduct of the game than the man who is solely a book official.

CHARACTER OF THE COACH

An official must merit the confidence of coaches and players and this confidence is developed by the man who is clean in his living, thinking, honest, fair, courageous and agreeable. An official should also have the respect and co-operation of the other officials and should strive to co-operate with each at all times.



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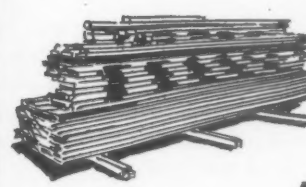
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Western Conference Officiating Procedure and Interpretations

THE Western Conference football coaches and officials met in Chicago September 12th. The men present first considered matters relative to the technique and procedure of officiating and later adopted certain interpretations of the rules, which are to be applied to all Conference games this fall.

Officiating Procedure

1. The referee normally will follow the ball and the umpire and field judge will follow the men. In case of a complicated shift the head linesman will assist the referee by checking the shifted men. On punts the referee will stay behind the kicking team until the ball is kicked and the field judge will assist the referee by raising one hand over his head to indicate that in his judgment the referee should blow his whistle and declare the ball dead. The field judge shall also be prepared to advise the referee on such plays as to what man should be given the ball.

2. The referee and umpire may call off-side in the line but in case of conflict the head linesman's decision shall be final.

3. The head linesman will choose as an assistant some person on the field to mark the spot of the previous down. This will make it possible for the head linesman to assist the referee on out of bounds plays on his side of the field.

4. When officials call fouls they will report to the referee stating both the foul and the penalty.

5. When a punted ball crosses the goal line the field judge will signal by swinging his arm vertically to indicate that the ball has crossed the line.

6. When a kicked ball is fumbled on the field of play and then crosses the side line the field judge shall cover the ball instead of marking the spot where the ball crossed the line.

7. The field judge will keep the time but the referee will provide himself with a watch and in all cases keep the time out.

8. When the ball crosses the side line on kicks the spot will be marked by the referee assisted by the official nearest to the spot.

9. The umpire shall signal incomplete passes by swinging his arms in a horizontal plane.

10. The head linesman will be responsible for selecting the assistant

to mark the spot of the down and the two assistants to hold the linesman's sticks. It will be his duty to see that the chain or line is the proper length and that the five yard mark on the chain is indicated.

11. The umpire will inspect the players' equipment in the dressing room.

12. Regarding the players' equipment, the umpire will enforce the rule and especially will forbid the use of hand protectors that are constructed in whole or in part of sole leather, papier mache, black bicycle adhesive tape or other hard or unyielding substance. He will forbid the use of conical cleats, the points of which are less than three-eighths of an inch in diameter or of oblong cleats that do not measure at least one-fourth of an inch by three-fourths of an inch on the surface.

13. The umpire will provide himself with a pad on which he will keep a record of the players by their numbers for each quarter.

14. The referee will notify one coach and the field judge the other ten minutes before the time scheduled for beginning the game and three minutes before the expiration of the fifteen minute intermission. The field judge will fire his pistol to denote the end of each period even though a play may be in progress, but the ball will not be considered dead unless the referee blows his whistle. The referee will blow his whistle and declare the ending of a period as soon as possible after the gun has been fired unless a play is in progress.

15. At the kick-off the umpire will stand at one side of the field on a line with the ball and will watch for off-side. The field judge will stand on the ten yard line down the field and rule whether the ball was kicked ten yards. The head linesman will stand down the field on one side line and will mark the spot if the ball crosses the side line. The referee will stand down the field near the side line opposite the head linesman.

16. The referee will not extend the time out period even though both captains request it. However, an additional time out may be granted on request of the captain concerned. In other words, the rules do not forbid successive times out. If the referee takes time out for an injured man

though not requested to do so by the captain, the time out shall be charged to the injured man's team.

17. When any captain has time taken out the official shall not demand that play be resumed before the expiration of the two minute period.

18. In case of a wet ball no official shall be expected to carry a towel to be used in wiping the ball but the referee may grant the two centers permission to lift the ball for the purpose of wiping it and any player may carry a towel for that purpose.

19. On attempted goals from the field the field judge will take a position that will enable him to decide whether the ball passes under or over the cross bar.

20. When a game is in progress no one shall be allowed to come onto the field of play to discuss an official's decision, neither shall an official while the game is in progress be expected to support his ruling by showing the rules book. All four officials, however, will be responsible for any decision involving an interpretation of the rule. This means that if one official errs in his interpretation of a rule the other officials will be expected to check him before play is resumed.

21. When attendants are permitted to come onto the field of play the umpire shall accompany the first and the field judge the second.

22. The referee will not blow the whistle when backs are in motion or when a man in a shift does not come to a stop until the play is consummated. It is recommended, however, that in case of a foul the referee should mark the spot of the foul with his handkerchief or by making a heel mark on the ground.

23. The home management will furnish the field judge with a stop watch. However, the latter will not be required to use this watch if he does not choose to do so. The home management will also furnish the gun for the use of the field judge.

Rules Interpretations

Rule 3, Section 2. An incoming player shall be considered as having been actually substituted when he has reported to the referee or umpire and designated the player for whom he is being substituted. It is further decided that the outgoing substitute fake play will be construed as unsportsmanlike and penalized as such.

Rule 4, Section 4. Any legal play may succeed the kick until the ball has been duly and properly declared dead. That is, either side may play the ball.

Rule 6, Sections 10 and 11. Blocking by an interferer so as to strike an opponent by the blocker's arms below the other's knees will be construed as tripping. When a man on defense lying on the ground catches a runner with one hand this shall not be construed as tripping.

Rule 6, Section 16B. Attention is called to the fact that the position of the player of the kicker's own side is not specified nor need it be under the rule.

Rule 7, Section 1. Note that the loser of the toss has the choice of two options only if the winner of the toss elects the choice of goal. The wording of the rule is not exact for if the winner of the toss elects either the kick-off or to receive the kick-off, then obviously the loser of the toss has only the choice of goal left to him.

Rule 9, Section 5. It is believed impossible to lay down fixed rules regarding shift plays which will govern the judgment of either officials or coaches. It is suggested, however, that this rule be strictly interpreted by the officials.

Rule 13, Section 4. Neither guard, when in position in the line, may receive the ball in any manner from the snapper-back.

Rule 13, Section 6. The quarter-back may take his usual position behind the center so long as he does not attempt to draw the opponents off-side by movements of his hands or otherwise. Attention is called to the fact that the quarter-back must be one yard back in order to be eligible for a forward pass.

Rule 13, Section 8. The rule reads that if a kicked ball other than at a kickoff goes out of bounds before crossing the scrimmage line, it shall belong to the player that first obtains possession of it. It was ruled that if the offense recovered the ball it would count as a down.

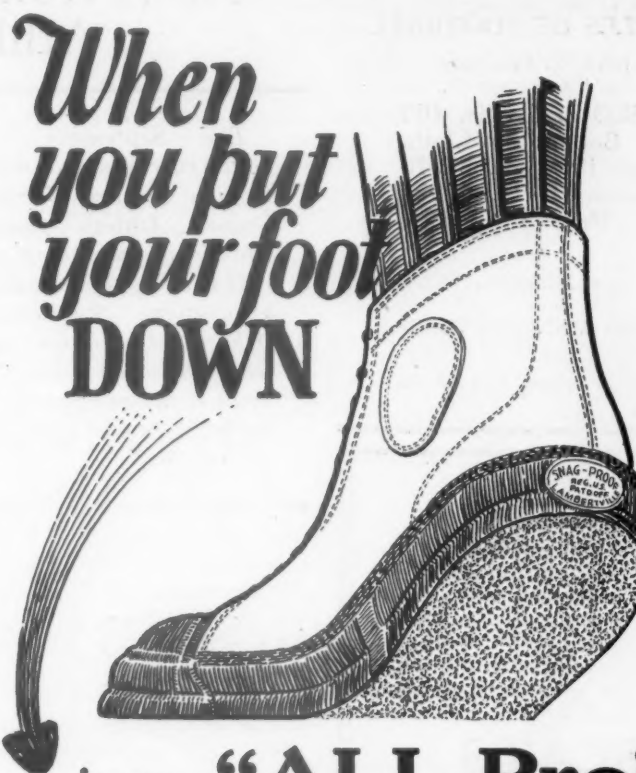
Rule 13, Section 9. The ball must be handled by a player and not by any official.

Rule 15, Section 5. With reference to the last sentence, the ball will not be considered to have been fumbled unless it touches the ground.

Rule 16, Section 3. On the forward pass each player must play the ball and not another man, must make a bona fide effort to secure or bat the ball and must have a reasonable expectancy of doing so.

Rule 16, Section 3A. Ineligible men on a screen pass may not make any degree of bodily contact after the pass

(Continued on page 41)



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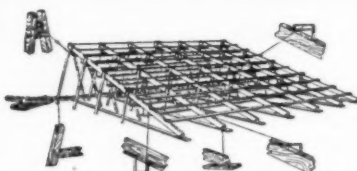
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News from the State High School Athletic Associations

The September ATHLETIC JOURNAL contained news items from a number of State High School Athletic Associations. This issue tells about the work that is being done in other state associations. State High School Athletic Association secretaries and others are invited to send news items concerning amateur athletics in the high schools to the editor.

MAINE

Management of High School Athletics in Maine

By Josiah W. Taylor, Agent for Secondary Education and Secretary of the Maine Assn. Principals of Secondary Schools

For a number of years the high school and academy principals have been co-operating with a good degree of success in the management of inter-school athletics. Some fifteen years ago an organization was formed made up of principals of secondary schools out of which an executive council was elected which should have general charge of the inter-school athletic activities. This council set up a code of eligibility regulations and by the constitution of the association was a court of appeal for violations. This organization did very much to bring to the athletic activities of the school some definite standards under which games would be carried on. From time to time the rulings of this council were modified until a considerable body of regulations were effective. The number of schools directly affected varied from year to year and was determined entirely by the action of the school itself.

Owing to changes that came about in the personnel of the committee and of the removal from the state of several who had been active in the earlier period of its work, it seemed desirable to reorganize to some extent. At this time a more formal association of secondary school principals was brought about. The new association became at once affiliated with the National Principals' Association and made a much stronger appeal to the principals of the state. It naturally took over the work of the earlier association and undertook a revision of the eligibility rules and the plans for control of athletics in general. This organization is effective today. Un-

der the constitution the executive committee of the association made up of the three members elected for a term of three years but so arranged that a new member is chosen annually together with the president and secretary form a board for the adjustment of all questions arising relative to the eligibility regulations.

This organization became effective March, 1921. The number of schools that are affiliated through the membership of the principal is one hundred three, which represents approximately 60 per cent of our standard secondary schools. It might be proper to add that this is a state in which there is a very large number of small high schools and while many of these are affiliated it would be hardly expected that all would be included in membership. The constitution provides that a school may adopt the eligibility rules with the approval of the school authorities. In general the membership of the principal in the Association and the acceptance of the eligibility rules by the school are coincident, but this arrangement is not absolutely necessary, as the principal may become a member of the Association independent of the action of the school or vice versa. The officers for the current year were as follows: President, L. E. Moulton, Auburn; Vice-President, George C. Purinton, Fort Fairfield; Secretary, J. W. Taylor, Augusta.

The Association is undertaking in every practical way the improvement of school athletics. The eligibility rules were planned to set up standards which are recognized very generally throughout the state. These rules are the outcome of our experience with local and state practices and our aim to bring about high standards. It has been necessary to move with local conditions to some extent but it is a pleasure to note that there has been no attempt to appeal from the decisions of the executive committee. In several cases the decisions and penalties were vigorous and affected some of the strong schools of the state. We believe that at present the schools recognize the standing of the committee and would hesitate to attempt to override a decision. It is gratifying to note that practically all of the larger schools are affiliated. Through the Association the control of the school league in various localities has been very effective and the development of state-wide contests of the elimination type, especially in basketball, have

been worked out entirely by the Association.

We have had the hearty support of the four colleges of the state. This has been of very great assistance to the Association. The colleges recognize the regulations and in contests held under their auspices no pupils are allowed to participate who are not in good standing. This co-operation has resulted in securing from the colleges many referees for games. In fact, in several instances the colleges have sent out men to assist at coaching and refereeing school games. With rare exceptions these men have been of high type in all respects. They have done very much to develop a spirit of sportsmanship and clean play.

The Association holds two meetings during the year. One is held the latter part of October and another about the time of the Easter vacation. At each of these meetings there is free discussion of any questions that may come up. The executive committee is on hand to consider complaints or suggestions. The rules are amended by the action of the Association at these meetings. The rulings of the committee made in interim may be confirmed or sustained as the Association deems proper. The meetings

are well attended with active participation. They serve as an outlet for discussions that might otherwise be carried on without definite results. They also serve as a clearing house on all kinds of questions that arise

during the year. As a result of these meetings rules are amended and plans for different types of state wide activities are provided for.

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statement, it would seem that the Association has been very successful in the general management of our athletic situation. The effective co-operation of so large a number of schools and the support given us by the colleges of the state has made the Association a controlling influence in secondary school athletics. It would be proper to add that the Principals' Association has other important activities in the field of school administration and is primarily a professional organization. Its annual meeting is held in connection with the State Teachers' Association in the fall. The spring meeting is in connection with the annual conference of secondary school principals held under the direction of the Commissioner of Education. These additional facts will give a clearer idea of the tasks and functions of the Association itself. The service to the secondary schools is in every way of advantage and profit.

WISCONSIN

P. E. Neverman, Secretary of the Wisconsin Interscholastic Athletic Association, Marinette, Wisconsin, has the following to say about Wisconsin's interscholastic athletics:

"The Wisconsin Interscholastic Athletic Association now numbers four hundred nine schools. This out of a total of about four hundred thirty high schools in the State speaks well for the Association, which is purely a voluntary organization.

"The Wisconsin Association is managed by an Executive Secretary who works under the direction of a Board of Control of five members. One member is elected each year for a term of five years.

"The Association has direct control of all tournaments and meets in which high schools participate. No effort is made to determine a football championship but such determination is made in track—two classes, basketball, swimming, golf and tennis.

"The Association is in splendid financial condition in spite of the fact that dues have only been compulsory for the last two years. The main revenue during the last two years has come from the basketball tournaments"

NEBRASKA

W. G. Brooks, who has been serving as Secretary-Treasurer of the Nebraska High School Athletic Association, writes as follows:

"I have changed my residence from Nebraska to Burlington, Iowa, where I am superintendent of city schools. This necessitates my severing all relations with the Nebraska High School Athletic Association. Kindly send future communications for the Nebraska Association to Supt. W. J.

Braham, North Platte, Nebraska, who is now Secretary-Treasurer of the Nebraska High School Athletic Association.

Western Conference Officiating Procedure and Interpretations

(Continued from page 37)

has been made, with a man who has an opportunity of catching a pass.

Rule 16, Section 3B. If a defensive man more than momentarily hangs onto or grasps an eligible man either on the line or back of it this shall be considered defensive holding. This also applies to line men on punts.

Rule 18, Sections 3 and 4. These are seemingly in conflict. It was ruled that since Section 3 is a specific rule it takes precedence over Section 4.

Rule 21, Section 2. A defensive man who attempts to avoid collision with a kicker but inadvertently brushes him shall not be penalized for running into the kicker.

Rule 21 Section 5B. The forward passer will be given no more protection than that accorded any other offensive player.

Rule 21, Section 5C. Offensive men may not clip a defensive back who is more than two yards from the line of scrimmage.

Rule 22, Section 4. Substitutes may be permitted to warm up by running up and down in front of the players' bench without violating this rule.

Problems of High School Football Coaching

(Continued from page 14)

pork, fried foods, pastries and sweets. Do not let him eat between meals. Do not permit him to smoke, and see that he gets at least ten hours sleep each night. Let him break these rules on Saturday night and Sunday. If he wants to go to a dance or eat a piece of pie, let him, but see that he receives a good laxative on Saturday evening.

Thanking you in advance for your co-operation, I remain,

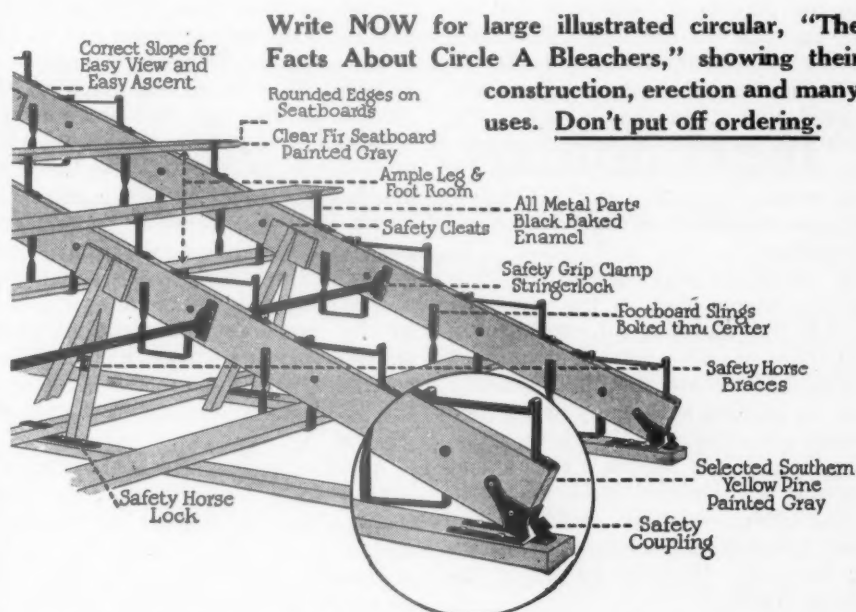
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Questions and Answers

Many Unusual Plays Occur Each Year in Football Which Require Quick Decisions on the Part of the Officials

By Frank Lane

Q.—I understand the rules to state that on a try for field goal, in the event such a kicked ball should touch a player of the kicking side and bound over the goal posts, the score would not be allowed. In this event where does the ball go?

A.—That all depends—should the offside player be touched by the ball, in the play you describe, inside of the 20-yard line then in all probability, the captain of the defensive team would take the play as a touchback and secure the ball on the 20-yard stripe; however, should the ball be touched in the manner mentioned outside of the 20-yard line then undoubtedly the touchback would be refused and possession of ball would be claimed at the place where it would net the greatest yardage where it had touched the offside player.

Q.—A player playing on the end of the line jumps high in the air, near the side-line, catching a forward pass; upon being tackled he alights out of bounds before his feet had actually come in contact with the playing field proper, after the catch had been made. We protested the referee's ruling that this was a completed pass, inasmuch as the player catching the ball had never touched in-bounds after catching the ball. Was the ruling of the referee right?

A.—The referee in all probability ruled that the position of the player's feet receiving the ball was "in-bounds" even though not actually touching the ground and the fact that the player was thrown out of bounds after the catch does not render the pass incomplete. This is a matter of judgment upon the part of the official as to whether the player's feet were directly over and inbounds at the time of the catch.

Q.—The quarterback on Red team signals for a "fair catch" but when he actually catches the ball, he has one foot in and the other out of bounds. The captain of the Blue team protests against the referee's allowing the fair catch privileges but the referee explains that as no runback of the ball was allowable in either the instance of catching the ball out of bounds or on the fair catch, that he was right in allowing the "fair catch". This has caused a discussion and we would like your opinion of this.

A.—The referee was certainly wrong if he admits the player was out of bounds as you describe and then allows the "fair catch". The play should have been ruled the same as any other punt going out of bounds and the only option, the receiving team had, was that of placing the ball at any point from five to fifteen yards in-bounds from the side line.

Q.—The quarterback on Red team signals for a "fair catch" and the two players on Blue team tackle him high and hard but do not cause him to fall to the ground. The referee refuses to penalize Blue team, inasmuch as the catcher of the ball was not thrown. However, the player, though still retaining his footing was so severely bruised he had to leave the game and it was later discovered he had suffered two broken ribs on the play mentioned. This was a pretty rough play and the official was roundly "booed" by the crowd for his apparent negligence. May the players not have been penalized, even though the receiver of the "fair catch" was not thrown to the ground?

A.—The referee was correct insofar as he is not allowed under the rules to penalize the tackling of a player making a fair catch unless that player is thrown; however, if the play were as rough as you intimate, the official might have penalized the Blue team for unnecessary roughness. It is largely a matter of the official's judgment whether the tackle as made was "roughing it" or not. A player may receive two broken ribs or even a more severe injury on a play as you describe it and still the play may not necessarily be characterized as "unnecessary roughness" upon the part of the tacklers.

Q.—I witnessed several games played by a small college eleven and I noticed that most of the time when that team had the ball, its ends would alternate in circling back towards its own goal line before the ball was passed and then just an instant before the ball was actually passed, would hop into the line of scrimmage and the defensive line would charge, whereupon the center would pass the ball catching the defensive team "offside". This play happened several times in various games and different officials would invariably penalize the

defensive team. The play of the offensive team appears to me unfair and it is odd that the rulemakers do not correct such apparent unfair play. What is your opinion?

A.—The play, as nearly as I can picture it from your description, appears to be just an attempt to draw the defensive team offside though this is just another case that is largely up to the judgment of the official in charge of the game. The rules committee has certainly provided a penalty for an attempt to draw a team offside, the offending side being penalized five yards. It is well to remember that the official has always had the authority under the rules to penalize an attempt at unfair play even though that is not specifically covered.

Q.—Both the quarterback and halfback of team A have alternated in calling signals; the quarterback is injured and leaves the game and another replaces him. The latter upon entering the game immediately gives signals for a play, his team having possession of the ball. The referee refuses to penalize team A or listen to the protest from the team B captain who claims the new quarterback should not be allowed to call the first play. The official stated it was perfectly legal for the new "quarterback" to call signals as the original one had left the game. Is this a correct ruling?

A.—If the referee was aware that two players on team A had been calling signals and that one of them still remained in the game, he evidently overlooked the fact that the rules mention the "player giving signals" and not referred to as a quarterback. In the case you mention, though the original quarterback or signal caller had left the game, and another who had also called signals still remained, it was this player who should have given signals for the first play upon entry of the new signal caller. Team A should have been penalized fifteen yards because this evidently was not done.

Question: Smith made a forward pass. The defensive halfback batted the ball back into Smith's hands and he, standing five yards behind the line, made another forward pass which was completed.

Answer: The play shall count as a down.

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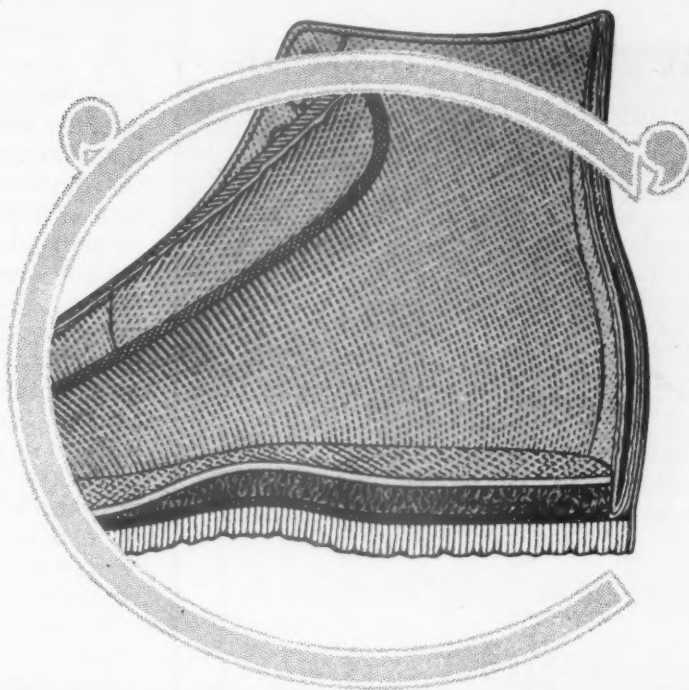


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Pre-Game Suggestions

A SUCCESSFUL athletic director is the one, other things being equal, who thinks ahead, plans carefully for the season's work, thinks of all possible contingencies and attempts to prevent mistakes and misunderstanding by foresight. Most of the unpleasant happenings in athletics could be prevented if proper attention to details had been given by some one in authority in advance. Many superintendents neglect to discuss questions pertaining to sportsmanship with their students until after some unsportsmanlike demonstration has occurred. Some managers fail to have the playing field in shape, to provide ten yard sticks, to see that the stop-watch is available if the timer desires it, or to provide drinking water for the visiting team. The careless executive is always to be found rushing here and there a few minutes before time for the game to start because he has neglected to look after details in advance, while the man who thinks ahead and does his work properly will not be rushing around at the last moment because he will have attended to things well in advance of the game.

The following list of suggestions, which were made by A. W. Thompson, Director of the Michigan Inter-scholastic Athletics, are splendid.

Every high school or college director or coach might do well to give careful consideration to these questions and then add to them others that may pertain to local conditions.

Suggested Standards of Athletic Administration

Standards and Practices for Athletic Officials

1. I will regard my connection with an athletic contest as a professional relation demanding the highest type of service.
2. I will not undertake to officiate without thorough preparation.
3. I will bring to my task a rested body and an alert mind.
4. If I make a mistake in judgment or in the application of a rule, I will remedy the error if possible. I will not try to bluff it through. I will place justice above my pride.
5. If I make a decision which I know to be right but which is disapproved by the crowd, I will abide by my decision, come what may.
6. I will keep my temper under control at all times. If I find it necessary to warn a crowd or inflict a penalty for unsportsmanlike conduct, I will do so quietly and without heat.
7. I will insist that the compensation for my services be a matter of explicit agreement.
8. I will regulate my charges with due regard for the financial ability of the school employing me and always also for the type of service which I am able to render.
9. I will report for duty preferably twenty minutes preceding the game. Fifteen minutes will be the minimum.
10. I will not discuss the plays or players of a team for whom I have worked so as to give help to a prospective opponent of this team.

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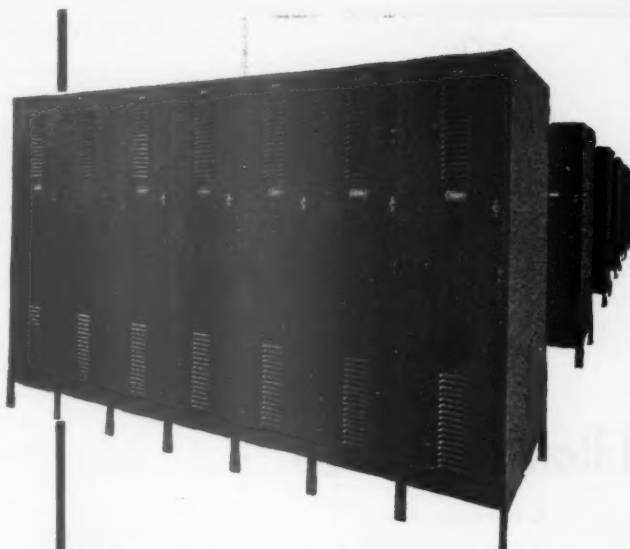
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11. After accepting a game I will not change it thereafter for one offering a higher fee, unless I get the willing consent of both the original parties.
12. I will respect all decisions made by fellow officials within their province. If I can prevent a mistake in the application of a rule by a fellow official I shall do so in an unobtrusive manner.
13. I will make all interpretations and announcements clear to both teams.
14. I will wear a distinctive uniform which is neat and in good taste.

Standards and Practices for the High School Coach

1. I will look upon my work as an integral part of the school system with a definite contribution to make to the cause of education.
2. All other ends shall be made subservient to the main purpose of my profession—education.
3. I will bring to my work a genuine knowledge of that which I propose to teach and will keep that knowledge constantly abreast of changing conditions.
4. I will master, in so far as possible, the principles of pedagogy to the end that I may be more efficient in teaching and, thereby, a better coach.
5. In my relations with my superiors, I will be respectful and loyal at all times and will endeavor to make my work fit into the general program of the school in which I am employed.
6. In my relations with the boys under me, I will be fair, unprejudiced, just. I will be sympathetic but firm.
7. I will not pose, but recognizing the importance of my example, I will, myself, sincerely endeavor to be the sort of man I would want each of the boys under me to become.
8. I will use my influence to discourage gambling, profanity, and obscene language at all times and especially in connection with my own work.
9. I will cultivate the confidence of rival coaches, will look upon them as colleagues and friends and treat them as such.
10. I will use my influence to counteract unfounded rumors of questionable practices and violations of rules by opponents.
11. I will not take advantage of technicalities. I will teach my boys to use every legitimate means of winning and to bend their every effort to that end, but I will not countenance unfair play or unsportsmanlike conduct of any kind.
12. I will insist upon good scholarship and will assist the administrative officers in strict enforcement of all accepted rules of eligibility.
13. I will have due regard for the physical condition of my boys and will not send anyone into a contest who is not physically fit for the particular activity concerned.
14. I will engage only officials in whom I have confidence and will support them in their decisions.
15. I will be gracious and considerate in victory.
16. I will be undismayed and courageous in defeat. I will seek to learn the cause of failure and remedy it if possible, but I WILL NOT "ALIBI."



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Too Much Athletics?

(Continued from page 25)

living not only for those afflicted but for their friends. Avoidance of germs, feeling one's pulse, listening to one's heart—what an existence!

For the middle-aged—don't take your heart "into partnership"; forget that you have one! Use moderation in all things keeping in your consciousness as a guiding principle that you should not push yourself at fifty as you did at thirty. At thirty the normal healthy human heart can hardly be injured by the most excessive physical exercise—witness the Marathon runners; at fifty such exercise would be fatal. But golf: walking three and a half miles in three hours on a summer afternoon; even John D. Rockefeller at eighty-six would take issue with Mr. Blythe on the injuriousness of that!

The comparison of the heart to a bank with vitality on deposit any draft on which leaves so much the less, is ill-advised and misleading. Readers will confuse vitality with *energy*. If the initial energy of the heart is not used it will not increase; disuse will beget degeneration. Mr. Blythe's prodigy who "never stood up when he could sit down" and lived to be eighty-five must have had wonderful vital organs or they would not have functioned so long without the demands upon them of exercise. Mr. Blythe may not know how much organic vigor depends on well-regulated muscular exercise. The illustration makes one think that he really did mean "energy". What a travesty on education, physical and mental! Don't exercise your powers or you may use them up and die!

Truth lies in the opposite belief. If you do *not* use your powers you will degenerate; some organic disease will get you in middle life and you will die. Only overdrafts of exercise, long continued, will lower your bank balance of vitality. Use the heart by exercise, keep up its strength and tone by golf; this will prolong your life.

The popular notion that "athletes drop out" earlier than others has long since been exploded by actual statistics. Athletes live longer and live more than others. There are exceptions to the rule and these may be due to excessive participation in violent exercise or what is more likely, to a sudden cutting off instead of tapering down of exercise. This latter mistake combined with unhygienic living has brought undeserved discredit on some of our most wholesome and manly sports.

The star athlete is ever in the limelight and his death if before the al-

lotted span of the actuaries, makes interesting talk for wisecracks and stories for cub reporters. So also, the golfers who drop dead on the links; they are conspicuous, if rare—or because rare; and if there is "an increasingly large number" who so pass out of life perhaps it is because the number of golfers is also "increasingly large"! If the accident had happened to one going up stairs or pushing a lawn mower it would not have made a good story. What pleasanter passing can one conceive? Would one prefer a lingering death by tuberculosis or Bright's or cirrhosis of the liver all of which diseases golf helps to prevent?

Mr. Blythe would have had a better case and a bigger target had he assailed the game from its effects on the nervous system of the middle-aged. Some American golfers suffer because they take their game too seriously. The neurasthenic in pursuit of health may from the nervous strain of competition with an opponent or with Captain Bogey develop serious irritability and nerve exhaustion instead of vigor and calmness.

Let us be fair and have discrimination in this matter. Let us not thoughtlessly with airy persiflage, in the attempt to warn a few, bring discredit on wholesome sports which are so valuable in developing the physique of the American people.

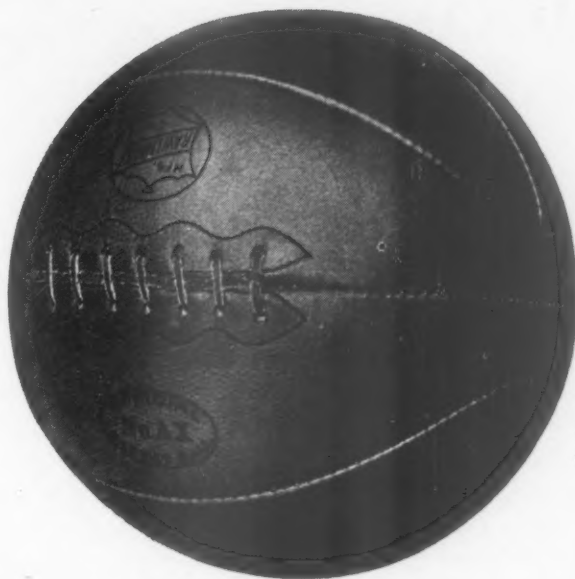
Editor's Note.—Too many people who are either not qualified to pass opinions or who arrive at conclusions unscientifically frequently indict athletics. Athletics have nothing to fear from truth but rather from half truth and error. Dr. Fieseler's and Dr. Phillips' statements carry weight because they have the facts to back up their conclusions. Some one has suggested that an investigation of athletics be made. Every coach and director should welcome such an investigation which would bring out the facts.

Dr. R. Tate McKenzie, one of the greatest authorities on physical education, has made the following interesting statement on this subject:

"There are dangers that accompany the later years of a man's life, if he was an active athlete at one time. Having accustomed himself to a high rate of physical activity, it is dangerous to stop all exercise immediately as so many college graduates do when they enter business. The combination of over-nourishment and under-elimination that is sure to follow upsets the digestion, brings on palpitation and helps in the rapid accumulation of fat, and these symptoms often make him introspective, morbid and neurotic."



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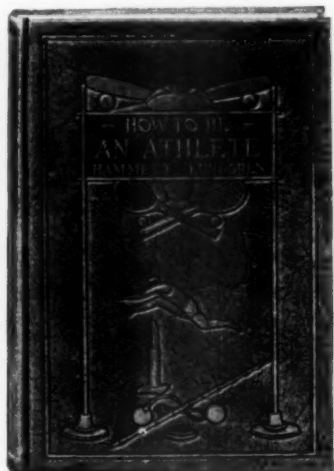
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